

Sub-50 Minute 10k Plan 8:02 Race Pace

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	4-5 miles E	XT or Rest	2 miles TR	4-5 miles E	3 x (800 meters RP + 400 meters R)	Rest	5 miles LR
Week 2	4-5 miles E	XT or Rest	3 miles TR	4-5 miles E	4 x (800 meters RP + 400 meters R)	Rest	6 miles LR w/ 10 min SF
Week 3	4-5 miles E	XT or Rest	3 miles TR	5-6 miles E	5 x (800 meters RP + 400 meters R)	Rest	7 miles LR
Week 4	4-5 miles E	XT or Rest	3 miles TR	5-6 miles E	3 x (1200 meters RP + 400 meters R)	Rest	6 miles LR
Week 5	4-5 miles E	XT or Rest	3.5 miles TR	5-6 miles E	3 x (1200 meters RP + 400 meters R)	Rest	8 miles LR w/ 10 min SF
Week 6	4-5 miles E	XT or Rest	2 miles E + 5 x 1:30 HR + 2 miles E	5-6 miles E	3 x (1600 meters RP + 400 meters R)	Rest	6 miles LR
Week 7	4-5 miles E	XT or Rest	3 x (1600 meters RP + 400 meters R)	5-7 miles E	x (1600 meters RP + 400 meters R)	Rest	9 miles LR w/ 10 min SF
Week 8	4-5 miles E	XT or Rest	2 miles E + 5 x 2 min HR + 2 miles E	5-7 miles E	3 miles RP	Rest	5 miles LR
Week 9	4-5 miles E	XT or Rest	2 miles E + 6 x 2 min HR + 2 miles E	5-7 miles E	3 miles RP	Rest	10 miles LR
Week 10	4-5 miles E	XT or Rest	3.5 miles TR	5-7 miles E	4 x (1600 meters RP + 400 meters R)	Rest	7 miles LR w/ 15 min SF
Week 11	3-5 miles E	XT or Rest	3 miles TR	4-6 miles E	3 miles RP	Rest	4 miles LR
Week 12	Rest	XT or Rest	2 miles TR	4-6 miles E	2 miles RP	Rest or 2-3 Miles E	RACE!

Workout Key: RP = Race Pace, 8:02/mile E = Easy Run, 9:50/mile LR = Long Run, 9:50 - 11:05/mile SF = Strong Finish, 9:05-9:20/mile HR = Hill Repeats, 7:43/mile TR = Tempo Run, 8:12/mile ST = Strength Train XT = Cross Train

Sub-45 Minute 10k Plan 7:14 Race Pace

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	4-6 miles E	XT or Rest	3 miles TR	4-6 miles E	4 x (800 meters RP + 400 meters R)	Rest	6 miles LR
Week 2	4-6 miles E	XT or Rest	3 miles TR	4-6 miles E	5 x (800 meters RP + 400 meters R)	Rest	7 miles LR w/ 10 min SF
Week 3	4-6 miles E	XT or Rest	3.5 miles TR	5-7 miles E	5 x (800 meters RP + 400 meters R)	Rest	8 miles LR
Week 4	4-6 miles E	XT or Rest	4 miles TR	5-7 miles E	3 x (1200 meters RP + 400 meters R)	Rest	6 miles LR w/ 10 min SF
Week 5	4-6 miles E	XT or Rest	4 miles TR	5-7 miles E	4 x (1200 meters RP + 400 meters R)	Rest	9 miles LR
Week 6	4-6 miles E	XT or Rest	2 miles E + 5 x 1:30 HR + 2 miles E	5-6 miles E	3 x (1600 meters RP + 400 meters R)	Rest	10 miles LR w/ 15 min SF
Week 7	4-6 miles E	XT or Rest	2 miles E + 6 x 1:30 HR + 2 miles E	6-8 miles E	4 x (1600 meters RP + 400 meters R)	Rest	7 miles LR
Week 8	4-6 miles E	XT or Rest	2 miles E + 6 x 2 min HR + 2 miles E	5-7 miles E	3 miles RP	Rest	11 miles LR w/ 10 min SF
Week 9	4-6 miles E	XT or Rest	2 miles E + 7 x 2 min HR + 2 miles E	6-8 miles E	4 miles RP	Rest	9 miles LR
Week 10	4-6 miles E	XT or Rest	4 miles TR	5-7 miles E	4 x (1600 meters RP + 400 meters R)	Rest	12 miles LR w/ 15 min SF
Week 11	3-5 miles E	XT or Rest	3 miles TR	4-6 miles E	3 miles RP	Rest	6 miles LR
Week 12	Rest	XT or Rest	2 miles TR	4-6 miles E	2 miles RP	Rest or 2-3 Miles E	RACE!

Workout Key: RP = Race Pace, 7:14/mile E = Easy Run, 8:55/mile LR = Long Run, 8:55-10:04/mile SF = Strong Finish, 8:10-8:25/mile HR = Hill Repeats, 6:57/mile TR = Tempo Run, 7:24/mile ST = Strength Train XT = Cross Train