

Hal Higdon's 10 K Training Program

10-K Training: Advanced							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3m run + strength	30 min tempo	6 x 400 mile pace	3m run + strength	Rest or 3 m	5 m total 2 m pace	6 m run
2	3m run + strength	40 min tempo	7 x 400 mile pace	4m run + strength	Rest or 3 m	5 m total 2 m pace	7 m run
3	3m run + strength	50 min tempo	8 x 400 mile pace	5m run + strength	Rest or 3 m	5 m total 3 m pace	8 m run (3/1)
4	3m run + strength	30 min tempo	9 x 400 mile pace	3m run + strength	Rest or 3 m	Rest	5-K Race
5	3m run + strength	50 min tempo	10 x 400 mile pace	6 m run + strength	Rest or 3 m	6 m total 2 m pace	8 m run (3/1)
6	3m run + strength	30 min tempo	11 x 400 mile pace	3 m run + strength	Rest or 3 m	Rest	8-K Race
7	3m run + strength	60 min tempo	12 x 400 mile pace	6 m run + strength	Rest or 3 m	6 m total 2 m pace	10 m run (3/1)
8	3m run + strength	30 min tempo	6 x 400 mile pace	3 m run	Rest or 1-3 m	Rest	10-K Race