10K Training Plan
12 Weeks – By Curb Ivanic

IMPACT MAGAZINE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	OFF or ST/XT 30 - 50 min RPE 5 - 6	Easy Run 20 - 30 min RPE 3 - 4	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 20 - 30 min RPE 3 - 4	OFF	Long Run 25 - 35 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
2	OFF or ST/XT 30 - 50 min RPE 5 - 6	Easy Run 20 - 30 min RPE 3 - 4	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 25 - 35 min RPE 3 - 4	OFF	Long Run 30 - 40 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
3	OFF or ST/XT 30 - 50 min RPE 5 - 6	Easy Run 25 - 35 min RPE 3 - 4	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 25 - 35 min RPE 3 - 4 (with 4 - 5 strides)	OFF	Long Run 30 - 40 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
4	OFF or ST/XT 30 - 50 min RPE 5 - 6	Easy Run 25 - 35 min RPE 3 - 4	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 20 - 30 min RPE 3 - 4 (with 4 - 5 strides)	OFF	Long Run 30 - 40 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
5	OFF or ST/XT 30 - 50 min RPE 5 - 6	Steady State Run 20 - 30 min RPE 4 - 5	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 20 - 30 min RPE 3 - 4 (with 4 - 5 strides)	OFF	Long Run 35 - 45 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
6	OFF or ST/XT 30 - 50 min RPE 5 - 6	Steady State Run 20 - 30 min RPE 4 - 5	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 25 - 35 min RPE 3 - 4 (with 6 - 7 strides)	OFF	Long Run 40 - 50 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
7	OFF or ST/XT 30 - 50 min RPE 5 - 6	Easy Run 25 - 35 min RPE 3 - 4	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 30 - 40 min RPE 3 - 4	OFF	Long Run 40 - 50 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
8	OFF or ST/XT 30 - 50 min RPE 5 - 6	Easy Run 25 - 35 min RPE 3 - 4	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 30 - 40 min RPE 3 - 4 (with 6 - 7 strides)	OFF	Long Run 45 - 55 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
9	OFF or ST/XT 30 - 50 min RPE 5 - 6	Steady State Run 25 - 35 min RPE 4 - 5	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 30 - 40 min RPE 3 - 4	OFF	Long Run 50 - 60 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
10	OFF or ST/XT 30 - 50 min RPE 5 - 6	Easy Run 25 - 35 min RPE 3 - 4	OFF or XT 20 - 40 min RPE 3 - 4	Easy Run 30 - 40 min RPE 3 - 4 (with 6 - 7 strides)	OFF	Long Run 60 - 70 min RPE 3 - 4	OFF or XT 30 - 50 min RPE 3
11	OFF or ST/XT 30 - 50 min RPE 5 - 6	Steady State Run 25 - 35 min RPE 4 - 5	OFF or ST/XT 30 - 50 min RPE 4 - 5	Easy Run 30 - 40 min RPE 3 - 4	OFF	Long Run 60 - 70 min RPE 3 - 4	OFF or XT 30 - 45 min RPE 3
12	OFF or ST/XT 30 - 50 min RPE 5 - 6	Easy Run 20 - 30 min RPE 3 - 4 (with 6 - 7 strides)	OFF or XT 20 - 40 min RPE 3 - 4	Easy Run 20 - 30 min RPE 3 - 4	OFF	OFF	**10K RACE DAY**

LEGEND

ST = strength training activity i.e. weights or machine assisted exercise.

XT = aerobic cross-training activity i.e. biking, elliptical machine, swimming, snowshoeing, cross-country skiing, hiking, etc.

Strides = 10 seconds of fast running at RPE 7+ with good form. Take 30 – 45 seconds recovery between each stride interval.