



Toronto Women's Run Series

EIGHT-WEEK 10 KM TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Strength, core, stretch/ yoga	30 min easy	Off	30 min easy + 3 strides	20 min easy + strength, core, stretch/ yoga	Optional cross-training 30 min cycling/ elliptical/swim	40 min long run
2	Strength, core, stretch/ yoga	35 min easy	Off	35 min Fartlek 5 x 2 min with 1 min easy jog	25 min easy + strength, core, stretch/ yoga	Optional cross-training 30 min cycling/ elliptical/swim	50 min long run
3	Strength, core, stretch/ yoga	40 min easy	Off	Tempo and hills 10 min at 10 km pace, 5 x 30 sec fast hills with an easy jog back to bottom	25 min easy + strength, core, stretch/ yoga	Optional cross-training 30 min cycling/ elliptical/swim	60 min long run, negative split
4	Strength, core, stretch/ yoga	45 min easy	Off	4 x 1 km at 5 km pace with 2:30 min rest between each	30 min easy + strength, core, stretch/ yoga	Optional cross-training 30 min cycling/ elliptical/swim	70 min long run
5	Strength, core, stretch/ yoga	50 min easy	Off	40 min pyramid, warm-up: 15 min, drills and strides 1-2-3-2-1 min with 1:1 work to rest	30 min easy + strength, core, stretch/ yoga	Optional cross-training 30 min cycling/ elliptical/swim	5K race or time trial warm-up: 15 min easy + 3 strides and drills, 5 km, cool down: 10-15 min easy
6	Strength, core, stretch/ yoga	55 min easy	Off	Tempo and hills 2 x 7 min at 10 km pace with 2 min easy jog, 5 x 30 sec fast hills	40 min easy + strength, core, stretch/ yoga	Optional cross-training 30 min cycling/ elliptical/swim	80 min long run
7	Strength, core, stretch/ yoga	60 min easy	Off	Progression miles 3 x 1 mile at 5 km pace	40 min easy + strength, core, stretch/ yoga	Optional cross-training 30 min cycling/ elliptical/swim	60 min long run, negative split
8	Strength, core, stretch/ yoga	30 min easy	Off	30 min easy + 3 strides	Off	Shake-out run 20 min easy + 3 strides	10 KM RACE Warm-up: jog easy for 10-15 min, drills, 3 strides