

Hot Chocolate 10K Intermediate Training Schedule 2011

This schedule is intended for a runner seeking a time goal in a 10K. This is not for someone trying to finish a 10K. It is based off of 5-6 days per week of training. It can be scaled down to less than 5-6 days by dropping some of the easy days. However, there is a reason why it is called practice. The schedule assumes a runner is already capable of running 20-30 miles per week. Easy pace is a pace you can hold an extended conversation during. Moderate pace allows for limited conversation during the run.

12 Weeks until goal:

1 November-Monday-4 miles easy

Tuesday-6 miles Fartlek-(Swedish for speedplay) 6x2 minutes at approximate 10k goal pace. Run 2 minutes easy between efforts. Do not run this on a track. A typical scenario would be to run a mile or two easy, start the hard efforts, and then finish with the remaining miles easy. The 10K goal pace efforts don't need to be precise.

Wednesday-Day Off

Thursday-2 miles easy 2 miles@ 10K goal pace 2 miles easy

Friday-4 miles easy

Saturday-6 miles easy

Sunday-Day Off

Week Total=26 miles

8 November-Monday-5 miles easy

Tuesday-6 miles Fartlek-6x2 ½ minutes at approximate 10k goal pace-2 minutes easy between efforts.

Wednesday-Day Off

Thursday-2 miles easy-3 miles slightly slower than 10K goal pace-2 miles easy

Friday-5 miles easy

Saturday-7 miles easy

Week Total=29 miles

15 November-Monday-5 miles easy

Tuesday-7 miles Fartlek-6x3 minutes at approximate 10K goal pace-2 minutes easy between efforts.

Wednesday-Day Off

Thursday-2 miles easy 2x 2 miles at 10K goal pace-4 minutes rest between-2 miles easy

Friday-4 miles easy

Saturday-8 miles easy

Sunday-Day Off

Week Total=32 miles

22 November-Monday-4 miles easy

Tuesday-7 miles Fartlek-12x1 minute at faster than 10K goal pace with 1 easy minute between.

Wednesday-Day Off

Thursday-4 miles easy

Friday- 2 miles easy-4 miles at 30 seconds per mile slower than 10K goal pace 2 miles easy

Saturday-6 miles easy

Sunday-Day Off

Week Total=29 miles

29 November-Monday-5 miles easy

Tuesday-Track Workout-2 miles easy-8x600 meters-slow 200 meters recovery jog between. Do 600's at current 5K race pace. 2 miles easy

Wednesday-Day Off

Thursday-2 miles easy-5 miles at 60 seconds per mile slower than 10K goal pace 2 miles easy

Friday-4 miles easy

Saturday-8 miles easy

Sunday-Day Off

Week Total=33 miles

6 December-Monday-5 miles easy

Tuesday-Track Workout-2 miles easy-6x800 meters at slower than current 5K race pace. 400 meters easy jog between. 2 miles easy

Wednesday-4 miles easy

Thursday-1 mile easy-6 miles at 1 ½ minutes slower than 10K goal pace-1 mile easy

Friday-4 miles easy

Saturday-9 miles easy

Sunday-Day Off

Week Total=37 miles

13 December-Monday-5 miles easy

Tuesday-Track Workout-2 miles easy-6x1000 meters at slower than current 5k race pace-400 meters easy recovery jog between. 2 miles easy

Wednesday-4 miles easy

Thursday-2 miles easy-2x 2 ½ miles at 10K goal pace-4 minutes rest 2 miles easy

Friday-5 miles easy

Saturday-10 miles easy

Sunday-Day Off

Week Total=42 miles

20 December-Monday-6 miles easy
Tuesday-Track Workout-2 miles easy 5x1200 meters at 10K goal pace-400 meters
recovery jog between 2 miles easy
Wednesday-5 miles easy
Thursday-8 miles at 1 ½ minutes slower than 10K goal pace
Friday-Day Off
Saturday-9 miles easy
Sunday-Day Off
Week Total=37 miles

27 December-Monday-6 miles easy
Tuesday-Track Workout-2 miles easy-5x1600 meters at faster than 10k goal pace-400
meters recovery jog between 2 miles easy
Wednesday-6 miles easy
Thursday-10 miles at 1 ½ minutes slower than 10K goal pace
Friday-Day Off
Saturday-11 miles easy
Sunday-Day Off
Week Total=43 miles

3 January-Monday-5 miles easy
Tuesday-Track Workout-2 miles warmup-4x2000 meters at 10K goal pace-400 meters
slow recovery jog between 2 miles easy
Wednesday-5 miles easy
Thursday-10 miles moderate pace
Friday-5 miles easy
Saturday-12 miles easy
Sunday-Day Off
Week total=47 miles

10 January-Monday-6 miles easy
Tuesday-Track Workout-10x400 meters at faster than current 5k pace-200 meters
recovery jog between 2 miles easy
Wednesday-6 miles easy
Thursday-2 miles easy-3 miles at faster than 10K goal pace-2 miles easy
Friday-6 miles easy
Saturday-9 miles easy
Sunday-Day Off
Week Total=42 miles

17 January-Monday-5 miles easy

Tuesday-6 miles Fartlek-8x1 minute at 10K goal pace-1 minute easy jog between

Wednesday-5 miles easy

Thursday-Day Off

Friday-3 miles easy

Saturday-Hot Chocolate 10K

Sunday-Day Off

Week Total=28 miles