

8 week 10k Training Plan (Peachtree Road Race)

WEEK		SUNDAY	MON	TUES	WED	THURS	FRI	SAT
5/7/17 - 5/13/17	1	3 miles (steady)	Rest	3 miles (steady)	Cross Training	2.5 miles (race pace)	Rest	30 minutes Easy Run/Jog
5/14/17 - 5/20/17	2	3.5 miles (steady)	Rest	3 miles (steady)	Cross Training	3 mile (race pace)	Rest	35-40 minutes Easy Run/Jog
5/21/17 - 5/27/17	3	4 miles (steady)	Rest	3.5 miles (steady)	Cross Training	3.5 miles (race pace)	Rest	35-40 minutes Easy Run/Jog
5/28/17 - 5/3/17	4	4.5 miles (steady)	Rest	4 miles (steady)	Cross Training	3.5 miles (race pace)	Rest	35-40 minutes Easy Run/Jog
6/4/17 - 6/10/17	5	5 miles (steady)	Rest	3 miles (steady)	Cross Training	4 miles (race pace)	Rest	40-45 minutes Easy Run/Jog
6/11/17 - 6/17/17	6	6 miles (steady)	Rest	3.5 miles (steady)	Cross Training	3.5 miles	Rest	40-45 minutes Easy Run/Jog
6/18/17 - 6/24/17	7	7 miles (steady)	Rest	4 miles (steady)	Cross Training	4 miles (race pace)	Rest	40-45 minutes Easy Run/Jog
6/25/17 - 7/1/17	8	5 miles (steady)	Rest	3 miles (steady)	Yoga	1.5 miles easy run) 8 x 100m Strides 1 mile (cool down)	Rest	30 minutes Easy Run/Jog
7/2/17 - 7/5/17	9	Rest	15-20 min recovery run (jog)	RACE DAY	30 min Recovery Walk			

Steady	Your pace should be comfortable, you should be able to get words out as your run, but not a casual conversation. Pay attention to your form, foot placement, arm positions. You want to feel fluid in your run if you are struggling to keep up with yourself, slow down. Be sure to stretch after each run.
Easy Run	As the name suggest this is a very easy run. To gauge if you are running easy you should be able to have a casual conversation as your run. Be sure not to push yourself in this run. Be sure to stretch after each run.
Race Pace:	Again as the name suggest, you should be running as close to your desired race pace as possible. This is your hard workout during the week. Starting with the low mileage will ensure that you are able to hold the faster pace each week as the mileage increase. Be sure to warm up with a 10-15 min jog, followed by dynamic stretches, and follow each run with a cool down and static stretches.
Cross Training	doing another kind of fitness workout such as cycling, swimming, a fitness class or strength training, to supplement their running. It builds strength and flexibility in muscles that running doesn't utilize.