



10k Training Program

There's no better motivation to start running—or stick with it—than signing up for a race. We asked Girls Gotta Move Coach Jenny Hadfield to design a 10K training program to help new runners fly through their first race and another for more-experienced pavement-pounders to run their fastest 10k ever.

	Monday Run	Tuesday Cross-train	Wednesday Run	Thursday Rest or Run	Friday Cross-train or Rest	Saturday Endurance Run	Sunday Rest Day
First 10K Fastest 10k	40 min easy pace 50 min easy pace 5 pickups	35-45 min 45-60 min	45 min easy pace Intervals: 6x2	Rest 40 min easy pace	35-45 min 45 min	45 min 60 min	Rest
First 10K Fastest 10k	40 min easy pace 50 min easy pace 5 pickups	35-45 min 45-60 min	45 min easy pace Intervals: 6x2	Rest 40 min easy pace	35-45 min 45 min	50 min 70 min	Rest
First 10K Fastest 10k	45 min easy pace 60 min easy pace 6 pickups	35- 45 min 45-60 min	45 min easy pace Intervals: 6x3	Rest 40 min easy pace	35-45 min 45 min	60 min 80 min	Rest
First 10K Fastest 10k	45 min easy pace 60 min easy pace 6 pickups	35-45 min 45-60 min	50 min easy pace Intervals: 6x3	Rest 40 min easy pace	35-45 min 45 min	70 min 90 min	Rest
First 10K Fastest 10k	50 min easy pace 60 min easy pace 6 pickups	35-45 min 45-60 min	50 min easy pace Intervals: 5x4	Rest 40 min easy pace	35-45 min 45 min	50 min 60 min	Rest
First 10K Fastest 10k	40 min easy pace 40 min easy pace 4 pickups	35-45 min Rest	30 min easy pace Intervals: 8x1	Rest 30 min easy pace	25 min Rest	10K Race 10K Race	Rest

Intervals: Run easy for 10 min., then alternate easy to hard running (for example, 6 x 2 = 6 reps of 2 min. hard, then 2 min. easy).