



12 week **Advanced**
10k Training Calendar

Program Start – _____

Peak Event Date – _____

GOAL – _____

TRAINING CALENDAR LEGEND

-  - Colour signifies easy day/effort
-  - Colour signifies harder intensity day/effort
- R - Rest day
- XT - Cross train – bike, swim, squash, etc.

*All training efforts are shown in **miles**

**ON _____, I WILL
RUN A 10k IN _____**



Week #1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 6 x 800 m 2:30 min. jog/walk between each repeat	4	6 Accelerations	R	10 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 10k IN _____**



Week #2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center; color: blue; font-weight: bold;">③</p>	<p style="text-align: center; color: orange; font-weight: bold;">⑤</p> <p style="font-size: small;">-3 x 1 km repeats 5 seconds faster than project 5k pace -2:30 min. to 3:00 jog/walk between each repeat</p>	<p style="text-align: center; color: blue; font-weight: bold;">⑥</p>	<p style="text-align: center; color: orange; font-weight: bold;">⑥</p> <p style="font-size: small;">Tempo run -2 mile warm up -3 miles @ Lactate Balance Heart rate 1 mile cool down</p>	<p style="text-align: center; color: blue; font-weight: bold;">R</p>	<p style="text-align: center; color: orange; font-weight: bold;">⑫</p> <p style="font-size: small; color: red;">*1:30 to 2:00 minutes/mile slower than projected 10 k race pace</p>	<p style="text-align: center; color: blue; font-weight: bold;">R XT</p>
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

**ON _____, I WILL
RUN A 10k IN _____**



Week #3

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	6 6 x 800 m 2:30 min. jog/walk between each repeat	5	7 Tempo run -2 mile warm up -4 miles @ Lactate Balance Heart rate 1 mile cool down	R	13 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

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RUN A 10k IN _____**



Week #4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	6 Hills -2 mile warm up 8 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill	4	7	R	9 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

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Week #5

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	6 8 x 600 m 2:00 min. jog/walk between each repeat	6	7 Tempo run -2 mile warm up -4 miles @ Lactate Balance Heart rate 1 mile cool down	R	14 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

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RUN A 10k IN _____**



Week # 6

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 10+ x 400 m 2:00 min. jog/walk between each repeat	6	8 Tempo run -2 mile warm up -5 miles @ Lactate Balance Heart rate 1 mile cool down	3	15 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 10k IN _____**



Week # 7

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 10+ x 400 m 2:00 min. jog/walk between each repeat	5	6 Hills -2 mile warm up 8 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill	R	16 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace Last mile at projected 10 k pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 10k IN _____**



Week # 8

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5	5	8	R	11	R XT
	<p style="color: red; margin: 0;">10+ x 400 m</p> <p style="margin: 0;">2:00 min. jog/walk between each repeat</p>		<p style="color: red; margin: 0;">Tempo run</p> <p style="margin: 0;">-2 mile warm up</p> <p style="margin: 0;">-5 miles @ Lactate</p> <p style="margin: 0;">Balance Heart rate</p> <p style="margin: 0;">1 mile cool down</p>		<p style="color: red; margin: 0;">*1:30 to 2:00 minutes/mile slower than projected 10 k race pace</p>	
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

**ON _____, I WILL
RUN A 10k IN _____**



Week # 9

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 6 x 800 m 2:00 min. jog/walk between each repeat	6	9 Tempo run -2 mile warm up -6 miles @ Lactate Balance Heart rate 1 mile cool down	R	16 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 10k IN _____**



Week # 10

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 10+ x 400 m 2:00 min. jog/walk between each repeat	9	6	3	16 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace Last mile at projected 10 k pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 10k IN _____**



Week #11

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 Z1 -2 x 1 mile repeats At projected 5k pace or 5 seconds per mile faster -3:00 jog/walk between each repeat	5	4 Accelerations	3	9 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 10k IN _____**



Week #12

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(R)	(5) 2 x 1 mile @ projected 10k pace 2:00 min. jog/walk between each repeat	(5)	(4)	(R)	(R)	10 k RUN!
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	RESULTS: Time: _____ Comments: _____