

Sub-45 Minute 10K Plan | 7:14 Race Pace

PACE GOALS: RACE PACE = 7:14/mile | EASY RUN = 8:55/mile | LONG RUN = 8:55-10:04/mile | STRONG FINISH = 8:10-8:25/mile | TEMPO RUN = 7:24/mile | HILL REPEATS = 6:57/mile

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CROSS-TRAINING or REST	3 miles TEMPO RUN	4-6 miles EASY RUN	4 x (800 meters RACE PACE + 400 meters rest)	REST	6 miles LONG RUN	4-6 miles EASY RUN
2	CROSS-TRAINING or REST	3 miles TEMPO RUN	4-6 miles EASY RUN	5 x (800 meters RACE PACE + 400 meters rest)	REST	7 miles LONG RUN w/ 10 min STRONG FINISH	4-6 miles EASY RUN
3	CROSS-TRAINING or REST	3.5 miles TEMPO RUN	5-7 miles EASY RUN	5 x (800 meters RACE PACE + 400 meters rest)	REST	8 miles LONG RUN	4-6 miles EASY RUN
4	CROSS-TRAINING or REST	4 miles TEMPO RUN	5-7 miles EASY RUN	3 x (1200 meters RACE PACE + 400 meters rest)	REST	6 miles LONG RUN w/ 10 min STRONG FINISH	4-6 miles EASY RUN
5	CROSS-TRAINING or REST	4 miles TEMPO RUN	5-7 miles EASY RUN	4 x (1200 meters RACE PACE + 400 meters rest)	REST	9 miles LONG RUN	4-6 miles EASY RUN
6	CROSS-TRAINING or REST	2 miles EASY RUN + 5 x 1:30 min HILL REPEATS + 2 miles EASY RUN	5-7 miles EASY RUN	3 x (1600 meters RACE PACE + 400 meters rest)	REST	10 miles LONG RUN w/ 15 min STRONG FINISH	4-6 miles EASY RUN
7	CROSS-TRAINING or REST	2 miles EASY RUN + 6 x 1:30 min HILL REPEATS + 2 miles EASY RUN	6-8 miles EASY RUN	4 x (1600 meters RACE PACE + 400 meters rest)	REST	7 miles LONG RUN	4-6 miles EASY RUN
8	CROSS-TRAINING or REST	2 miles EASY RUN + 6 x 2 min HILL REPEATS + 2 miles EASY RUN	5-7 miles EASY RUN	3 miles RACE PACE	REST	11 miles LONG RUN w/ 10 min STRONG FINISH	4-6 miles EASY RUN
9	CROSS-TRAINING or REST	2 miles EASY RUN + 7 x 2 min HILL REPEATS + 2 miles EASY RUN	6-8 miles EASY RUN	4 miles RACE PACE	REST	9 miles LONG RUN	4-6 miles EASY RUN
10	CROSS-TRAINING or REST	4 miles TEMPO RUN	5-7 miles EASY RUN	4 x (1600 meters RACE PACE + 400 meters rest)	REST	12 miles LONG RUN w/ 15 min STRONG FINISH	4-6 miles EASY RUN
11	CROSS-TRAINING or REST	3 miles TEMPO RUN	4-6 miles EASY RUN	3 miles RACE PACE	REST	6 miles LONG RUN	3-5 miles EASY RUN
12	CROSS-TRAINING or REST	2 miles TEMPO RUN	4-6 miles EASY RUN	2 miles RACE PACE	REST or 2-3 miles EASY RUN	RACE!	REST