



TRAINING PLAN



WEEK 1

- **Day 1: Speed**
Run 15 minutes followed by 6x200m with 1 minute rest between each 200m effort.
- **Day 2: Capacity**
30 minute run with last 10 minutes at target 10-Mile pace.
- **Day 3: Endurance**
35 minute steady run.
- **Day 4: Active Recovery**
Run 3-4 miles at an easy pace.

WEEK 4

- **Day 1: Speed**
10x400m at 5K pace (rest 2 minutes between each set).
- **Day 2: Capacity**
Run 20 minutes at 10K pace.
- **Day 3: Endurance**
40 minute steady run.
- **Day 4: Active Recovery**
Run 3-4 miles at an easy pace.

WEEK 7

- **Day 1: Speed**
10 minute run followed by 10x200m with a 200m walk following each effort.
- **Day 2: Capacity**
20 minute steady run.
- **Day 3: Endurance**
30 minute easy run.
- **Day 4: Active Recovery**
Run 3-4 miles at an easy pace.

WEEK 10

- **Day 1: Speed**
1 minute at race pace, 1 minute walk x12.
- **Day 2: Capacity**
REST.
- **Day 3: Endurance**
30 minute easy run.
- **Day 4: Active Recovery**
Rest or run 3-4 miles at an easy pace.

WEEK 2

- **Day 1: Speed**
12x 30-45 second hill runs (walk down the hill and begin next rep once you reach the bottom).
- **Day 2: Capacity**
12 minute "out" run. Rest 4 minutes. Run back to the starting point at a faster pace.
- **Day 3: Endurance**
35 minute steady run.
- **Day 4: Active Recovery**
Run 3-4 miles at an easy pace.

WEEK 5

- **Day 1: Speed**
Complete the following sequences 5 times: run 400m at 5K pace, rest 2 minutes, run 200m at 3K pace, rest 2 minutes.
- **Day 2: Capacity**
30 minute run with last 10 minutes at target 10-Mile pace.
- **Day 3: Endurance**
45 minute steady run.
- **Day 4: Active Recovery**
Run 3-4 miles at an easy pace.

WEEK 8

- **Day 1: Speed**
6x800m at 5K pace. Rest 4 minutes after each set.
- **Day 2: Capacity**
35 minute tempo run at goal pace.
- **Day 3: Endurance**
50 minute steady run.
- **Day 4: Active Recovery**
Run 3-4 miles at an easy pace.

WEEK 3

- **Day 1: Speed**
2 sets of 3x300m at 5K pace followed by 100m jog. Rest 3 minutes after each set.
- **Day 2: Capacity**
30 minute run at your chosen pace, mixing in 10 reps of 1 minute pace pick ups, returning to original pace after each.
- **Day 3: Endurance**
40 minute steady run.
- **Day 4: Active Recovery**
Run 3-4 miles at an easy pace.

WEEK 6

- **Day 1: Speed**
Run 1 minute at fast pace, 1 minute at slower pace, repeat 10 times.
- **Day 2: Capacity**
Run 10K at tempo.
- **Day 3: Endurance**
50 minute steady run.
- **Day 4: Active Recovery**
Run 3-4 miles at an easy pace.

WEEK 9

- **Day 1: Speed**
10x1 minute hill runs (walk down the hill and begin next rep once you reach the bottom).
- **Day 2: Capacity**
Run 5 miles with any 2 miles of your choice at tempo.
- **Day 3: Endurance**
1 hour steady run.
- **Day 4: Active Recovery**
Run 3-4 miles at an easy pace.

**Now you're ready for race day! Join us at the start line on Sunday, November 7.
Register at: pittsburgh10miler.org**

Before beginning any new training or exercise regime, it is recommended that you speak with your primary care physician. Those using this training plan voluntarily assume the risk of any injuries and damages that may occur in the process of training and agree that P3R is not responsible for any injuries or damages associated with training for or participating in the EQT Pittsburgh 10 Miler.