



RUN *Coach* **JAMIE**

10 MILER PLAN

RUN DISNEY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Total	
Week 1										
		2		1.5			2		5.5	miles
		3		2.5			3		8.5	KM
		25		20			25		70	min
Week 2										
		2		2			3		7	miles
		3		3			5		11	KM
		25		25		15	35		100	min
Week 3										
		2		2			4		8	miles
		3		3			6.5		12.5	KM
		25		25		15	45		110	min
Week 4										
		2		1.5			3		6.5	miles
		3		2.5			5		10.5	KM
cutback		25		20		10	35		90	min
Week 5										
		2		2			5		9	miles
		3		3			8		14	KM
		25		25		15	55		120	min
Week 6										
		2.5		2			6		10.5	miles
		4		3			10		17	KM
		30		25		15	65		135	min
Week 7										
		2.5		2.5			7		12	miles
		4		4			11		19	KM
		30		30		15	75		150	min
Week 8										
		2		2			6		10	miles
		3		3			10		16	KM
cutback		25		25		10	65		125	min
Week 9										
		2.5		2.5			7		12	miles
		4		4			11		19	KM
		30		30		15	75		150	min
Week 10										
		3		3			8		14	miles
		5		5			13		23	KM
		35		35		15	85		170	min
Week 11										
		3		3.5			9		15.5	miles
		5		5.5			14.5		25	KM
		35		40		15	95		185	min
Week 12										
							10		10	miles
							16		0	KM
RACE WEEK		20		20		15			55	min

Weekly Runs

Monday Runs

Strides

During the last 10-15 min of your run, run at a quicker pace for 20 seconds

return to your conversational pace for 40 seconds

repeat drill 5- 6X

finish run in a conversational pace until you reach goal distance

Wednesday Runs

Speedwork

Each week you will have the opportunity to try out different runs to help increase speed

This is an option- feel free to swap this for a conversational paced run

Friday

Optional walk or run, keep it easy

Saturday Runs

Long Slow Run

Run:walk intervals permitted on all runs

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Progression run

1.5 mi/ 2.5 km/ 20 min

warm up 5 min walk

**Gradually increase speed every 3 min until you reach goal
distance/time**

Saturday-

Long Slow Run

2 mi/3 km / 25 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Speed interval run

2 mi/ 3 km/ 25 min

warmup 10 min walk/run

Run at a challenging pace for 20 seconds

walk for 40 seconds

repeat 5-8 X

Finish run in a conversational pace until you reach goal
distance/time

Friday-

15 min walk or run

Saturday-

Long Slow Run

3 mi/5 km / 35 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Speed interval run

2 mi/ 3 km/ 25 min

warmup 10 min walk/run

Run at a challenging pace for 30 seconds

Rest or walk for 30 seconds

repeat 5- 7X

Finish run in a conversational pace until you reach goal
distance/time

Friday-

15 min walk or run

Saturday-

Long Slow Run

4 mi/6.5 km / 45 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Speed interval run

1.5 mi/ 2.5 km/ 20 min

warmup 5 min walk/run

Run at a challenging pace for 60 seconds

Rest or walk for 30 seconds

repeat 4- 6X

Finish run in a conversational pace until you reach goal distance/time

Friday-

10 min walk or run

Saturday-

Long Slow Run

3 mi/5 km / 35 min

Practice talk test

Monday-

Strides

2 miles/3 km/ 25 min

Wednesday-

Timed mile or KM

2 mi/ 3 km/ 25 min

warmup 10 min walk/run

Run a mile or 1.5km at your best effort of the day

Or run as fast as you can for 15 min, track your distance.

Friday-

15 min walk or run

Saturday-

Long Slow Run

5 mi/8 km / 55 min

Practice talk test

Monday-

Strides

2.5 miles/4 km/ 30 min

Wednesday-

Progression Run

2 mi/ 3 km/ 25 min

warmup 5 min walk/run

Gradually increase speed every 4 min until you reach goal
distance/time

Friday-

15 min walk or run

Saturday-

Long Slow Run

6 mi/10 km / 65 min

Practice talk test

Monday-

Strides

2.5 miles/4 km/ 30 min

Wednesday-

Hill Repeats

2.5 mi/ 4 km/ 30 min

warmup 10 min easy run, find a hill

run up hill 30 seconds, walk down

repeat 5-8X

finish run in a conversational pace

until you reach goal distance/time

Friday-

15 min walk or run

Saturday-

Long Slow Run

7 mi/11 km / 75 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Speed interval run

2 mi/ 3 km/ 25 min

warmup 10 min easy run/walk

run at a challenging pace for 45 seconds

rest/easy run 45 seconds

repeat until you reach goal distance/time

Friday-

10 min walk or run

Saturday-

Long Slow Run

6 mi/10 km / 65 min

Practice talk test

Monday-

Strides

2.5 miles/4 km/ 30 min

Wednesday-

timed mile/km

2.5 mi/ 4 km/ 30 min

warmup 10 min easy run

Run a mile or 1.5km at your best effort of the day

Or run as fast as you can for 15 min, track your distance.

Celebrate your strong progress and growth.

*If you are running outside, try to use the same course as your previous benchmark run

Friday-

15 min walk or run

Saturday-

Long Slow Run

7 mi/11 km / 75 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Wednesday-

Speed interval run

3 mi/ 5 km/ 35 min

warmup 10 min easy run

Run at a challenging pace for 2 min

Rest/ easy run for 30 seconds

repeat until you reach goal distance/time

Friday-

15 min walk or run

Saturday-

Long Slow Run

8 mi/13 km / 85 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Wednesday-

Tempo run

3.5 mi/ 5.5 km/ 40 min

warmup 10 min easy run

Run at goal 10K pace for 20 min

Finish run in a conversational pace

until you reach goal distance

Friday-

15 min walk or run

Saturday

Long Slow Run

9 mi/14.5 km / 90 min

Practice talk test

Monday-

20 min easy, fun,
conversational pace- this week
is all about celebrating your
hard work!!!

Wednesday-

15-20 min
pre race shakeout- Friday's the
exciting day :)

Friday-

15 min walk or run

Saturday

Race day— Have fun!!!!

What's next?

Recover

No speedwork for a about a week

Walking, recovery runs, low impact exercises and rest are all great!

Repeat the program

Use this as a guide and see how the efforts feel repeating this program.

Get a personalized Plan

Check out other plans or get your own personalized plan

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