



RUN *Coach* **JAMIE**

10K PLAN

RUN DISNEY



10K Plan										
	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			11KM	
	25		25			35			85 min	
Week 3										
	2		2			3.5			7.5 miles	
	3		3			5.5			11.5 KM	
	25		25			40			90 min	
Week 4										
	2		1.5			3			6.5 miles	
	3		2.5			5			10.5 KM	
cutback	25		20			35			80 min	
Week 5										
	2		2			3.5			7.5 miles	
	3		3			5.5			11.5 KM	
	25		25			40			90 min	
Week 6										
	2.5		2			4			8.5 miles	
	4		3			6.5			13.5 KM	
	30		25			45			100 min	
Week 7										
	2.5		2.5			4.5			9.5 miles	
	4		4			7			15KM	
	30		30			50			110 min	
Week 8										
	2		2			4			8 miles	
	3		3			6.5			12.5 KM	
cutback	25		25			45			95 min	
Week 9										
	2.5		2.5			4.5			9.5 miles	
	4		4			7			15KM	
	30		30			50-55			110-115 min	
Week 10										
	3		3			5			11 miles	
	5		5			8			18KM	
	35		35			60-65			130-135 min	
Week 11										
	3		3.5			5.5			12 miles	
	5		5.5			8.5			19KM	
	35		40			60-70			135-145 min	
Week 12										
					6.2				6.2 miles	
					10				10KM	
RACE WEEK	20		15-20						20 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

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

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

Saturday-

Long Slow Run

3.5 mi/5.5 km / 40 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

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.

Saturday-

Long Slow Run

3.5 mi/5.5 km / 40 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

Saturday-

Long Slow Run

4 mi/6.5 km / 45 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

Saturday-

Long Slow Run

4.5 mi/7 km / 50 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

Saturday-

Long Slow Run

4 mi/6.5 km / 45 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

Saturday-

Long Slow Run

4.5 mi/7 km / 50-55 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

Saturday-

Long Slow Run

5 mi/8 km / 60-65 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

Saturday

Long Slow Run

5.5 mi/8.5 km / 60-70 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

HAVE FUN!!!!!!
Congratulations!!!!!!!!!!

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

www.runcoachjamie.com
jamie@runcoachjamie.com