10K

8-WEEK TRAINING PROGRAM

NRC
NIKE RUN CLUB
The goal of this plan isn’t to get you across the finish line, it’s to get the best version of you across the finish line.
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SAMPLE PLAN BREAKDOWN
This 8-Week Training Plan Combines Speed, Endurance and Recovery to Get You Ready to Tackle a 10K.

Before diving straight into the training plan, read all of the material to ensure you get the most out of it.

This plan is built to adapt to your experience level, but it’s also uniquely flexible to your needs. Here’s what you should know to get the most out of the Nike+ Run Club Training Plan:

It’s Not Just About Distance
This training plan is built to help you to maximize your efforts on race day through Speed, Endurance and Recovery.

This Plan Works For You
Your schedule varies. So does the weather and how you feel, but here are a few things to keep in mind as you modify this plan to your needs:

• Speed and Endurance Runs are essential parts of the plan to maximize your training.
• You have four Recovery days—use them to break up your Speed and Endurance Runs. Avoid doing Speed and Endurance runs on back-to-back days.
• Use Recovery days as you choose. You can run a few miles, cross-train or take a rest. We recommend running on two of your four Recovery days.
• Stay within the recommended distance ranges during Endurance and Recovery day runs.

Training Starts When You Start
This plan was designed around an 8-week schedule for maximum results. It was built to adapt to your experience level and intended to be uniquely flexible to your needs as you prepare to tackle a 10K. Whether you’re eight or five weeks from race day, you can jump into this program whenever it suits you. You’re in control of what you put into the program.

Tools To Take You Farther
• You ran those miles. Now claim them. Share your progress with the Nike+ Running App to get cheers, motivation and encouragement from your friends.
• The N+TC App is a great way to add cross-training to your schedule.
WEEKLY WORKOUTS

This plan includes three types of workout activities each week. All three are important to get the fittest, strongest and fastest version of you to the finish line.

SPEED

Building strength through speed training is important as you prepare. Throughout this plan you’ll be introduced to a variety of speed workouts and drills that will make you faster.

ENDURANCE

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance with weekly Long Runs.

RECOVERY

Recovering from your workout days is just as important as the workouts themselves. Use these days to recover based on how you feel. Either take the day off, try a N+TC workout or go for a few Recovery miles.
HOW TO USE
THE PACE CHART

Throughout the plan, you will see references to different paces you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace targets. Knowing your pace targets will make your speed work easier.

Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot.

The chart on page 08 will help you understand which pace you should aim to run during each session.

FIND YOUR STARTING PACE

To get started, you’ll need to identify the row of pace targets that is right for you.

You can base your pace on any of the following:

You could use a recent 5K, 10K, Half Marathon or Marathon time, if you have run one. By “recent” we mean in the last month or two.

You could use the Nike+ Running App and go on a few runs to determine your average pace. This will be your Recovery day pace.

If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find the row of pace targets you will need on the Pace Chart.
FOR EXAMPLE

If your last race was a 27:00 minute 5K, find the row with 27:00 minutes under the 5K column on the Pace Chart and slide across the row left or right to find your other pace targets. In this case, the pace targets would be as follows:

<table>
<thead>
<tr>
<th>MILE BEST</th>
<th>5K BEST / AVG MILE PACE</th>
<th>10K BEST / AVG MILE PACE</th>
<th>TEMPO AVG MILE PACE</th>
<th>HALF MARATHON BEST / AVG MILE PACE</th>
<th>MARATHON BEST / AVG MILE PACE</th>
<th>RECOVERY DAY PACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>27:00 / 8:40</td>
<td>55:50 / 9:00</td>
<td>9:25</td>
<td>2:05:00 / 9:30</td>
<td>4:15:00 / 9:45</td>
<td>10:30</td>
</tr>
</tbody>
</table>

Start with your 5k Best / Avg Mile Pace and read left or right.

ANOTHER EXAMPLE

If your Mile Best time is 9:30, find that Mile Best time on the Pace Chart and slide across to see your other average mile pace targets.

Here, your pace targets would be as follows:

<table>
<thead>
<tr>
<th>MILE BEST</th>
<th>5K BEST / AVG MILE PACE</th>
<th>10K BEST / AVG MILE PACE</th>
<th>TEMPO AVG MILE PACE</th>
<th>HALF MARATHON BEST / AVG MILE PACE</th>
<th>MARATHON BEST / AVG MILE PACE</th>
<th>RECOVERY DAY PACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30</td>
<td>31:45 / 10:15</td>
<td>66:00 / 10:35</td>
<td>11:00</td>
<td>2:25:00 / 11:05</td>
<td>5:00:00 / 11:25</td>
<td>12:10</td>
</tr>
</tbody>
</table>

Start with your Mile Best and read right for your other pace targets.

THINGS TO KNOW

When you have your range of pace targets, it helps to understand a few things about how you will use them:

During your training there will be days you may be a little ahead of pace, and other days a little behind. Remember that the paces are only to be used as a guide. You will have good days and bad days so be flexible with your expectations. Hopefully, you will be increasing your fitness each week and your paces will increase in speed as you go.

When this plan is over and you head out for race day be confident in all the work you have done. It is that work that will take you to new fitness levels, faster paces, this starting line and the all the ones beyond.
# PACE CHART

<table>
<thead>
<tr>
<th>MILE BEST</th>
<th>5K BEST / AVG MILE PACE</th>
<th>10K BEST / AVG MILE PACE</th>
<th>TEMPO AVG MILE PACE</th>
<th>HALF MARATHON BEST / AVG MILE PACE</th>
<th>MARATHON BEST / AVG MILE PACE</th>
<th>RECOVERY DAY PACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00</td>
<td>17:05 / 5:30</td>
<td>35:45 / 5:45</td>
<td>6:05</td>
<td>1:18:00 / 6:00</td>
<td>2:44:00 / 6:15</td>
<td>7:00</td>
</tr>
<tr>
<td>5:30</td>
<td>18:45 / 6:00</td>
<td>39:00 / 6:15</td>
<td>6:35</td>
<td>1:25:00 / 6:30</td>
<td>3:00:00 / 6:50</td>
<td>7:35</td>
</tr>
<tr>
<td>6:00</td>
<td>20:15 / 6:30</td>
<td>42:00 / 6:45</td>
<td>7:05</td>
<td>1:35:00 / 7:15</td>
<td>3:15:00 / 7:25</td>
<td>8:10</td>
</tr>
<tr>
<td>6:30</td>
<td>22:00 / 7:05</td>
<td>45:45 / 7:20</td>
<td>7:40</td>
<td>1:40:00 / 7:35</td>
<td>3:30:00 / 8:00</td>
<td>8:45</td>
</tr>
<tr>
<td>7:00</td>
<td>23:45 / 7:40</td>
<td>49:00 / 7:55</td>
<td>8:15</td>
<td>1:50:00 / 8:20</td>
<td>3:45:00 / 8:35</td>
<td>9:20</td>
</tr>
<tr>
<td>7:30</td>
<td>25:15 / 8:05</td>
<td>52:30 / 8:25</td>
<td>8:50</td>
<td>1:55:00 / 8:45</td>
<td>4:00:00 / 9:10</td>
<td>9:55</td>
</tr>
<tr>
<td>8:00</td>
<td>27:00 / 8:40</td>
<td>55:50 / 9:00</td>
<td>9:25</td>
<td>2:05:00 / 9:30</td>
<td>4:15:00 / 9:45</td>
<td>10:30</td>
</tr>
<tr>
<td>8:30</td>
<td>28:30 / 9:10</td>
<td>59:00 / 9:30</td>
<td>9:55</td>
<td>2:10:00 / 9:55</td>
<td>4:30:00 / 10:15</td>
<td>11:00</td>
</tr>
<tr>
<td>9:00</td>
<td>30:00 / 9:40</td>
<td>62:30 / 10:00</td>
<td>10:30</td>
<td>2:20:00 / 10:40</td>
<td>4:45:00 / 10:50</td>
<td>11:35</td>
</tr>
<tr>
<td>9:30</td>
<td>31:45 / 10:15</td>
<td>66:00 / 10:35</td>
<td>11:00</td>
<td>2:25:00 / 11:05</td>
<td>5:00:00 / 11:25</td>
<td>12:10</td>
</tr>
<tr>
<td>10:00</td>
<td>33:00 / 10:40</td>
<td>69:00 / 11:05</td>
<td>11:35</td>
<td>2:35:00 / 11:45</td>
<td>5:15:00 / 12:00</td>
<td>12:45</td>
</tr>
<tr>
<td>10:30</td>
<td>35:00 / 11:15</td>
<td>72:00 / 11:35</td>
<td>12:00</td>
<td>2:40:00 / 12:10</td>
<td>5:30:00 / 12:35</td>
<td>13:20</td>
</tr>
<tr>
<td>11:00</td>
<td>36:15 / 11:40</td>
<td>75:00 / 12:00</td>
<td>12:35</td>
<td>2:50:00 / 12:55</td>
<td>5:40:00 / 13:00</td>
<td>13:45</td>
</tr>
<tr>
<td>11:30</td>
<td>38:00 / 12:15</td>
<td>78:30 / 12:35</td>
<td>13:00</td>
<td>2:55:00 / 13:15</td>
<td>5:50:00 / 13:20</td>
<td>14:05</td>
</tr>
<tr>
<td>12:00</td>
<td>39:30 / 12:40</td>
<td>81:30 / 13:05</td>
<td>13:35</td>
<td>3:05:00 / 14:05</td>
<td>6:00:00 / 13:45</td>
<td>14:30</td>
</tr>
</tbody>
</table>
The best way to improve your fastest pace is to work on it for brief periods in a series of speed intervals. They can be the same length and pace with the same amount of recovery time, or can involve various distances, paces and recovery periods. Long intervals, Fartlek, Tempo and Hill Runs are all Speed workouts. See Types of Runs below for definitions of these.

Your weekly Endurance Run is a long distance run at a comfortable pace. It is an essential part of your training that helps the body and mind adapt to increased distances. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run as a Progression Run. See Types of Runs for a definition of Progression Run.

Recovery is just as important as your hard workouts. Listen to what your body needs on Recovery days, whether that means taking the day off completely, cross-training with the N+TC App or running a few Recovery miles. Ideally, at least two of your Recovery days should be spent running. Recovery Runs increase your stamina and help you recover at the highest quality possible after intense training. They should be run as Progression Runs. See Types of Runs below for a definition of Progression Run.

**PROGRESSION RUN**

Progression Runs improve stamina and allow the body to adapt to the stress of running. Build your pace over the course of each run by starting slower than Recovery Pace and finishing at a faster than Recovery Pace. Over the course of the run you will average your Recovery Pace. Your Endurance and Recovery Runs should always be run as Progression Runs.

**FARTLEK**

Fartlek works on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one minute running easy followed by one minute running hard, repeated for a certain amount of minutes, miles or alternating every city block.

**SPLIT INTERVALS**

Split Intervals refers to running two different paces in one interval. For example, running a 400-meter interval, with the first 200 meters easy and the last 200 meters fast. This effectively divides the interval into two parts.

**HILLS**

Hill workouts develop speed and form. It takes extra effort to go uphill so you do not need to run as fast as you would on a flat section. While running uphill, remain in control of your breathing. Don’t lean too far forward. A light lean with the chin leading the chest is enough. Uphills are a great way to develop speed and strength with minimal pounding on the legs.

**TEMPORAROUND**

Turnarounds are practiced during short intervals. Rather than stopping at the end of an interval, run through the line and turn around as quickly and safely as you can to start the next repeat.

**TYPES OF PACES**

**MILE PACE (FASTEST)**

This is the pace you could race or run hard for one mile.

**5K PACE (FASTER)**

This is the pace you could race or run hard for about 3 miles.

**10K PACE (FAST)**

This is the pace you could race or run hard for about 6 miles.

**TEMPO PACE**

Teaching your body to be comfortable being uncomfortable by maintaining a pace between 10k (FAST) and Recovery (EASY).

**RECOVERY PACE (EASY)**

A pace easy enough that you can catch your breath while running.
IF YOU...

EVERYONE’S TRAINING JOURNEY IS DIFFERENT. BUT THERE ARE SOME RECURRING CHALLENGES AND QUESTIONS THAT MANY RUNNERS ENCOUNTER ALONG THE WAY. HERE’S HOW TO UNDERSTAND AND OVERCOME THESE COMMON HURDLES ON YOUR ROAD TO RACE DAY.

IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE,

Then adjust the training schedule to your needs. For best results, each week should include the three key workouts—Speed, Endurance and Recovery. Prioritize Speed and Endurance workouts and make sure you recover intelligently.

IF YOU DON’T KNOW HOW TO FIGURE OUT YOUR PACE,

Then experiment until you find it. When you’re out running, you run on feel. You have different gears whether you realize it or not. Be patient, pay attention and have fun experimenting with your comfort level while running at different speeds across different distances. Use the Nike+ Running App while you run to keep track your paces, and use at our Pace Chart guidelines on page 06 to find your pace targets.

IF YOU’RE TIRED,

Figure out why. Feeling fatigued is normal as your training progresses, but make sure you’re supporting yourself in all other aspects of your life: get enough sleep, eat right, hydrate properly, respect Recovery days and wear the proper shoes. Sometimes the best training is to focus on recovery and rest.

IF YOU LACK MOTIVATION,

Look for inspiration. Even where you don’t expect to find it—like on a run that you don’t want to do. Go out for ten minutes and if you don’t feel like running anymore then come back. Just make sure you come back running.

IF YOU HAVE A TERRIBLE RUN,

Move on to the next one. Some runs are just terrible—sometimes there’s no reason, sometimes there is. Take a moment to see if there’s a reason and learn something about yourself if there is. Being comfortable with a bad run is just as important as the joy of a great run.

IF YOU’RE HURT,

Stop running. There is a difference between hurting and being hurt. It’s essential to listen to and learn from your body throughout your training. Sometimes missing miles in the present lets you run better miles in the future.

IF YOU ARE GOING TO RACE,

Give yourself time to recover—beforehand and afterwards. You may want to back off in terms of distance or pace a few days prior to the race. Be sure to give yourself a few days of recovery after it’s over too (regardless of whether or not you consider it a successful race).
10K WEEK-BY-WEEK OVERVIEW

This 8-week training plan combines Endurance, Strength and Speed to get you ready to tackle 10k. This plan is built for you to adapt to your experience level. You’ll schedule rest days and N+TC workouts into your routine as well.

8 WEEKS TO GO
A STARTING LINE

This week you will begin your 8-week journey with a series of Recovery Runs and light workouts that will introduce you to the training plan.

7 WEEKS TO GO
SET GOOD HABITS

Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days.

6 WEEKS TO GO
DEVELOP CONSISTENCY

In your third week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency.

5 WEEKS TO GO
WARM UP

You are hitting your stride. Some days you will feel great. Other days you will feel tired. Both types of days will show you that you are putting in the work and are on track to get where you need to be.

4 WEEKS TO GO
TIME TO EVOLVE

You are a different athlete now than you were when this started. It’s time to do the work to become stronger, faster and better.

3 WEEKS TO GO
READY TO RUN

You are fit, strong and ready to take on any workout on any day. The miles will start to pass by more quickly. Make sure you appreciate what you have done and what you are still doing.

2 WEEKS TO GO
SHARPEN EVERY STEP

You don’t taper. You sharpen. This week the speed picks up but the recovery picks up even more. It’s quality running and quality recovery from now on.

1 WEEK TO GO
THE STARTING LINE

You’ve made it. Run strong and confidently this week. Use what you have learned and the progress you have made. You are ready to take the line.
This week you will begin your journey with a series of runs and light workouts that will introduce you to the training plan. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back-to-back and stick to the recommended miles. To round out your training, add N+TC workouts into your routine to get fit, fast.

### Speed

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**Track**

(2x) 200 meters at Mile pace

Split 800 meters:
- the first 600 meters at 5k pace,
- the last 200 meters at Mile pace

400 meters at 5k pace

Split 800 meters:
- the first 600 meters at 5k pace,
- the last 200 meters at Mile pace

400 meters at 5k pace

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### Recovery

We recommend recovering with a 2-3 mile Progression Run. Start slow and quicken your pace over the course of your run.

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### Endurance

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**3-4 Miles**

This is your longest run of the week. Run this distance consistently to build your endurance for race day.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

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### Recovery

Easy does it. Run a few Recovery miles, do a N+TC workout or take the whole day off.

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### Speed

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**Track**

1 mile at your 10k pace

400 meters at Mile pace

800 meters at 5k pace

Follow each interval with 3 minutes of recovery.

Repeat series 2x.
Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

- 400 meters at 10k pace
- (2x) 400 meters at 5k pace
- 400 meters at Mile pace

2-minute recovery between each interval. Repeat series 2x.

**ENDURANCE**

**3-4 MILES**

Get ready to go the distance on race day with your week’s longest run.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is **60-90 seconds** slower than your goal pace for race day.

**RECOVERY**

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-4 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

**RECOVERY**

Use today’s 2-4 mile run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

**RECOVERY**

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.

**SPEED**

**FARTLEK**

1 mile at your Tempo pace

Follow with this Fartlek sequence:

- 1-min at a hard pace, 30-sec easy pace
- 2-min hard pace, 1-min easy pace
- 3-min hard pace, 1:30-min easy pace
- 3-min hard pace, 1:30-min easy pace
- 2-min hard pace, 1-min easy pace
- 1-min at a hard pace, 30-sec easy pace
- 1 mile at Tempo pace
In your third week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

- 800 meters at 5k pace, 45-sec recovery
- 200 meters at Mile pace, 2-min recovery
- 600 meters at 5k pace, 45-sec recovery
- 200 meters at Mile pace, 2-min recovery
- 1000 meters at 10k pace, 45-sec recovery
- 100-meter Strides

**ENDURANCE**

**4-5 MILES**

Running this distance consistently will help prepare the body and mind to go the distance on race day.

You’re almost there! For the last six weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

**SPEED**

**FARTLEK**

- 1000 meters at 10k pace
- 1000 meters at Tempo pace
- 1000 meters at 10k pace
- 1000 meters at Tempo pace
- 1000 meters at 10k pace
- 1000 meters at Tempo pace
- 100-meter Strides

2-minute rest between each interval. 30 seconds between Strides.

**RECOVERY**

- Recover from your last effort with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

- Focus on control as you recover from your last workout. Recover with 2-5 Progression miles. Gradually build speed from your first mile to your last.

- Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

- Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.

---

In your third week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.
5 WEEKS TO GO

WARM UP

You are hitting your stride. Some days you will feel great. Other days you will feel tired. Both types of days will show you that you are putting in the work and are on track to get where you need to be. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

<table>
<thead>
<tr>
<th>RECOVERY</th>
</tr>
</thead>
<tbody>
<tr>
<td>We recommend recovering with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RECOVERY</th>
</tr>
</thead>
<tbody>
<tr>
<td>The purpose of today’s 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RECOVERY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy does it. Run a few Recovery miles, do a N+TC workout or take the whole day off.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RECOVERY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go for a few Recovery miles, do a N+TC workout or take the whole day off. Give your body whatever it craves today.</td>
</tr>
</tbody>
</table>

### Speed

| 300 meters at Mile pace 45-sec recovery |
| 400 meters at 5k pace 2-min recovery |
| 500 meters at 5k pace 2-min recovery |
| 600 meters at 10k pace 2-min recovery |
| 500 meters at 5k pace 2-min recovery |
| 400 meters at 5k pace 2-min recovery |
| 300 meters at Mile pace 45-sec recovery |

| Endurance 4-5 Miles |

Get ready to go the distance on race day with your week’s longest run.

For the last five weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

### Speed Tempo

4 mile Progression Run averaging at your Tempo pace.

(8x) 100-meter Strides
You are a different athlete now than you were when this started. It’s time to do the work to become stronger, faster and better. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

Start out your session with a 2-mile time trial–running at your 5k pace. Follow with:

- 200 meters at 10k pace
- 200 meters at 5k pace
- 200 meters at Mile pace
- 200 meters at 10k pace
- 200 meters at 5k pace
- 200 meters at Mile pace
- 10-minute recovery after 2 miles
- 60-seconds recovery between 200 meter intervals

**RECOVERY**

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-5 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

**ENDURANCE**

**5-6 MILES**

Running this distance consistently will help prepare the body and mind to go the distance on race day.

You’re almost there! For the last four weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

**SPEED**

**PROGRESSION**

Run 5 miles as a Progression Run. Your pace should drop so the last 2 miles are run at a **Tempo** pace.

**RECOVERY**

Use today’s 2-5 mile run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

**RECOVERY**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
You are fit, strong and ready to take on any workout on any day. The miles will start to pass by more quickly. Make sure you appreciate what you have done and what you are doing. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

### Speed

**Track**

Run 1 Mile: Alternate running 200 meters at **Tempo** pace then 200 meters at **Mile** pace. Follow with 4-minute recovery.

Split 400m: the first 200m at **Tempo** pace the last 200m at **Mile** pace. 2-minute recovery.

Split 400m: the first 200m at **Tempo** pace the last 200m at **Mile** pace.

### Recovery

Recover from your last effort with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

### Recovery

Focus on control as you recover from your last workout. Recover with 2-5 Progression miles. Gradually build speed from your first mile to your last.

### Endurance

**6-7 Miles**

Get ready to go the distance on race day with your week’s longest run.

For the last three weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

### Recovery

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

### Recovery

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.

### Speed

**Hills**

Run uphill for 2 minutes—preferably 90 seconds up and 30 seconds over a crest. Repeat 6x.

If you don’t have a hill, do a 2-minute Progression Run that builds from a **10k** to a **Mile** pace and repeat 6x.

Whether on a hill or flat, allow for a full recovery between intervals.
You don’t taper. You sharpen. This week the speed picks up but the recovery picks up even more. It’s quality running and quality recovery from now on. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

(2x) 200 meters at 400 meters at
(4x) 200 meters at 400 meters at
(2x) 200 meters at

**Mile pace**

**10k pace**

**5k pace**

**10k pace**

**Mile pace**

60-second recovery between each interval.

**RECOVERY**

We recommend recovering with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

**ENDURANCE**

**5-6 MILES**

Running this distance consistently will help prepare the body and mind to go the distance on race day.

For the last two weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

**RECOVERY**

Easy does it. Run a few Recovery miles, do a N+TC workout or take the whole day off.

**SPEED**

**TRACK**

1.5 mile Recovery Run

(2x) 100-meter Strides
1000 meters at **Tempo pace**
(2x) 100-meter Strides
1.5 mile Recovery Run

3 minutes recovery between each interval.

**30-second** recovery between Strides.

**RECOVERY**

The purpose of today’s 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

**RECOVERY**

Go for a few Recovery miles, do a N+TC workout or take the whole day off. Give your body whatever it craves today.

**RECOVERY**

The purpose of today’s 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.
You’ve made it. This week, run strong and confident. Use what you have learned and the progress you have made. You are ready to take the line. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

---

**SPEED TRACK**

(2x) 200 meters at Mile pace  
400 meters at 5k pace  
800 meters at 10k pace  
400 meters at Marathon pace  
200 meters at Mile pace  

2-minute recovery between each interval.

---

**RECOVERY**

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-5 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

---

**RACE DAY 10K**

You’ve made it. Run strong and confidently this week. Use what you have learned and the progress you have made. You are ready to take the line.

---

**RECOVERY**

Use today’s 2-5 mile run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

---

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

---

**RECOVERY**

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.

---

**SPEED TRACK**

2 mile Recovery Run  
(8x) 100-meter Strides  
1 mile Recovery Run
SAMPLE PLAN BREAKDOWN

Below is a sample weekly breakdown of the plan. If your schedule doesn’t match the training schedule, adjust the training schedule to your needs. For best results, each week should include these key workouts – Speed, Endurance and Recovery, but prioritize Speed and Endurance if you don’t have time to do everything. Use this as a visual guide and get ready to tackle a 10K.

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<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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RUN SMARTER.  
TRAIN BETTER.

NIKE+ RUNNING APP
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