

TIMEX® 10K Train Smarter™ Plan by Dave Scott

Training Plan: 10K
Training Level: Fitness Athlete
Training Weeks: 10
Hours per week: 3-7

Description:

A 5K race is not a prerequisite for this program. The requirement to take on the 10K plan is to allocate 3 to 7 hours per week of training. You'll be able to monitor your progress and establish your potential race pace by accessing the weekly marker sets. These sets and the progressive overload will also heighten your confidence throughout this 10 week training plan. On race day you'll be ready to perform at your peak

Key Principles:

You may wish to familiarize yourself with the glossary of [terms](#) prior to utilizing this plan. Below are a few to know:

Aerobic Heart Rate / Pace (A) - Talking about the aerobic heart zone, ideal heart rate should be about 70 - 80% of maximum heart rate. This endurance-training zone helps in improving your cardiovascular development and also it helps in strengthening your heart

L-1 pace is approximately 30" faster than aerobic pace and 10 beats higher than your aerobic heart rate. On shorter repeats you may not see a rise in heart rate- use pace. L-2 is approx. 60" faster than aerobic pace and 20 beats higher. L-3 is 90" faster than aerobic pace and 30 beats higher. For information on products that help track your training click [here](#).

Marker Sets (MS) - are test sets that will be included throughout your cycle. By comparing specific workouts throughout your plan, you can evaluate your progress. The sets allow you to evaluate your progress by evaluating heart rates, workloads, sendoff, repeat times, speed, perceived exertion and power. Marker sets are the true predictors of your potential race performance.

Warm-Up: 8-20', finish final 6' at aerobic pace. Within warm-up, include 6 x 15" pick-up's with rest interval of aerobic jog of :30"

Discipline	Week	Workout #1	Workout #2	Workout #3
Run	1	Main Set: 35' Aerobic (A) Second Set: 10 x 20" pick-ups Rest Interval: :40"	Main Set: 40' (A)	Main Set: 45' (A)
Run	2	Main Set: 35' (A) Second Set: 10 x 25" pick-ups Rest Interval: :40"	Main Set: 6 x 45" Hill (A) + 35' (A) + 4 x 45" Hill (A) Rest Interval: jog down	Main Set: 50' (A)
Run	3	Main Set: 40' (A) Second Set: 10 x 30" pick-ups Rest Interval: :40"	Marker Set: 12 x 45" Hill + 3 Mile (A)	Main Set: 55' with 10 x 1' at L- 1 (do 1 repeat every 5')

Discipline	Week	Workout #1	Workout #2	Workout #3
Run	4	Main Set: 45' (A) with 8 x 40" steady Second Set: 4 x 50" pick-ups to hard tempo Rest Interval: 1' on both sets	Marker Set: 4 x 45" Hill build to hard effort + 1.5 mile (1 mile at L-1 + .5 mile at L-2), Repeat set 3x	Main Set: 64' with 6 x 2' at L-1 every 8th minute insert a 2' segment
Run	5	9' (A) + 2' at (L-1 to L-3), Repeat set 4x	Marker Set: 5 x 1 mile Rest Interval: :20" Goal: Hit race pace on last 1/2 mile of each repeat. Hold first 1/2 mile at +20" slower per mile.	Main Set: 70' with 6 x 2.5' (2' at L-1 + 30" at L-2) Rest Interval" 90"
Run	6	7' (A) + 3' (1' at L-1 + 1' at L-2 + 1' at L-3), Repeat set 4x Rest Interval: 2' between segments	Marker Set: 5 x 1 mile Rest Interval: :20" Goal: Hit race pace on last 1/2 mile of each repeat. Hold first 1/2 mile at +20" slower per mile.	Main Set: 77' with final 24' at L-2
Run	7	7' (A) + 3' (1' at L-1 + 1' at L-2 + 1' at L-3) 6x	Same as week 6	Main Set: 82' with final 24' at L-2
Run	8	6' (A) + 4' (1' at L-1 + 2' at L-2 + 1' at L-3), Repeat Set 4x	Main Set: 3 x 2 mile, build each & hold race pace on final 1/2 mile of each 2 mile segment, RI 2'	Main Set: 90': (15' (A) + 15' at L-1 + 15' at L-2 + 45' (A))
Run	9	4 x 5' of very hard effort . Rest interval 2' Second Set: 20' (A)	Main Set: 3 x 2 mile with Rest Interval of 2' #1-2: 20% slower per mile than projected race pace; #3: 10" slower per mile than projected race pace	Main Set: 90': 5' at L-1; 15' at L-2, Repeat set 3x Second Set within the 90': 5' (A) + 5' (L-3), Repeat set 2x Rest Interval: 10' easy between sets
Run	10	Race Week: Main Set: 40', 6 x 3': build to race pace Rest Interval: jog 2'	Main Set: 40': 2 sets of 6 x 90" at build to race pace Rest Interval: :90" between sets	Main Set: 50' (A)