



TOYOTA
TDF09
 10K.20K DALLAS

10K TRAINING PLANS: If you have **3 days** to train per week and are currently close to 3 miles for your long run and consider yourself a **BEGINNER RUNNER...**

You will have 3 runs per week - 1 easy/recovery, 1 speed work, 1 negative split - semi-long.

<u>Week</u>	<u>Plan</u>
One	Run 1 - 2 miles easy Run 2 - 800 warm up, 4x400 at 80% effort, :90 rest between each, 800 warm down Run 3 - 3 miles negative split
Two	Run 1 - 3 miles easy Run 2 - 800 warm up, 4x800 at 80%, :90 rest between each, 800 warm down Run 3 - 4 miles negative split
Three	Run 1 - 2 miles easy Run 2 - 3 negative split Run 3 - 4 miles smooth
Four	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 2x1 miles at 85%, 2min rest between each, warm down Run 3 - 5 miles negative split
Five	Run 1 - 4 miles easy Run 2 - 1 mile warm up, 3x1 miles at 85%, 2min rest between each, warm down Run 3 - 6 miles negative split
Six	Run 1 - 2 miles easy Run 2 - 4 miles negative split Run 3 - 6 miles smooth
Seven	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 6x200 at 85%, 400 easy between each, warm down Run 3 - 4.5 miles - very slight negative split
Eight	Run 1 - 2 miles easy Run 2 - 1 mile warm up, 4x (:20 at race pace, 1min easy), 800 warm down Run 3 - RACE!!!!



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10K TRAINING PLANS: If you have **3 days** to train per week and currently run 3 times per week up to 4 miles for your long run...consider yourself an **EXPERIENCED 10K runner**...

You will have 3 runs per week - 1 easy/recovery, 1 speed work, 1 negative split - semi-long.

<u>Week</u>	<u>Plan</u>
One	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 6x400 at 80% effort, :90rest between each, 800 warm down Run 3 - 4 miles negative split
Two	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 4x800 at 80%, :90rest between each, 800 warm down Run 3 - 5 miles negative split
Three	Run 1 - 3 miles easy Run 2 - 4 negative split Run 3 - 4 miles smooth
Four	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 3x1 miles at 85%, 2min rest between each, warm down Run 3 - 6 miles negative split
Five	Run 1 - 4 miles easy Run 2 - 1 mile warm up, 4x1 miles at 85%, 2min rest between each, warm down Run 3 - 6.5 miles negative split
Six	Run 1 - 3 miles easy Run 2 - 4 miles negative split Run 3 - 7 miles smooth
Seven	Run 1 - 4 miles easy Run 2 - 1 mile warm up, 6x200 at 85%, 400 easy between each, warm down Run 3 - 4.5 miles - very slight negative split
Eight	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 6x(:20 at race pace, 1min easy), 800 warm down Run 3 - RACE!!!!



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10K TRAINING PLANS: If you have **4 days** to train per week and currently run 3 times per week up to 4 miles for your long run...consider yourself an **EXPERIENCED 10K runner**...

You will have 4 runs per week - 1 easy/recovery, 1 speed work, 1 easy, 1 negative split - semi-long.

<u>Week</u>	<u>Plan</u>
One	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 4x400 at 80% effort, :90rest between each, 800 warm down Run 3 - 3 miles easy Run 4 - 4 miles negative split
Two	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 6x800 at 80%, :90rest between each, 800 warm down Run 3 - 4 miles easy Run 4 - 5 miles negative split
Three	Run 1 - 3 miles easy Run 2 - 3 negative split Run 3 - 3 miles easy Run 3 - 5 miles smooth
Four	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 3x1 miles at 85%, 2min rest between each, warm down Run 3 - 4 miles easy Run 4 - 6 miles negative split
Five	Run 1 - 4 miles easy Run 2 - 1 mile warm up, 4x1 miles at 85%, 2min rest between each, warm down Run 3 - 4 miles easy Run 4 - 6.5 miles negative split
Six	Run 1 - 3 miles easy Run 2 - 4 miles negative split Run 3 - 4 miles easy Run 4 - 7 miles smooth
Seven	Run 1 - 4 miles easy Run 2 - 1 mile warm up, 6x200 at 85%, 400 easy between each, warm down Run 3 - 3 miles easy Run 4 - 4.5 miles - very slight negative split
Eight	Run 1 - 3 miles easy Run 2 - 1 mile warm up, 6x(:20 at race pace, 1min easy), 800 warm down Run 3 - RACE!!!!