

10 Weeks to The Philly 10K: The Official 2016 Training Plan

WEEK	Date	Mon .	Tues .	Wed .	Thurs .	Fri .	Sat .	Sun .
1	6/20	2 mile run Pop-Up Run #1	rest	2 mile run include 6 x 30 seconds with 1 minute jog	rest or x-train	rest	3 mile run	rest
2	6/27	2 mile run	rest	2 mile run include 4 x 1 min 1 minute jog	rest or x-train	rest	4 mile run	rest
3	7/4	2 mile run	rest	3 mile run run the last mile hard!	rest or x-train	rest	4 mile run	rest
4	7/11	3 mile run	rest	3 mile run with 4 x 2 min with 1 min rest	rest or x-train	rest	5 mile run	rest
5	7/18	3 mile run Pop-Up Run #2	rest	3 mile run 15 x 20 seconds w/ 40 sec rest	rest or x-train	rest	4 mile run	rest
6	7/25	2 mile run	rest	4 mile run with 10 min tempo (pressed pace)	rest or x-train	rest	6 mile run	rest
7	8/1	3 mile run	rest	4 mile run 4 x ¼ mile with ¼ mile rest	rest or x-train	rest	5 mile run	rest
8	8/8	3 mile run	rest	5 mile run 10 x 1 minute with 1 minute jog	rest or x-train	rest	7 mile run	rest
9	8/15	3 mile run Pop-Up Run #3	rest	4 mile run 2 mile tempo mid run	rest or x-train	rest	4 mile run	rest
10	8/22	2 mile run	rest	2 mile run with a moderate 4 x 30 seconds	rest or x-train	2 mile run Pop-Up Run #4 to BBPP	2 mile run	THE PHILLY 10K!

