

Lions/Lionesses – Q2 Training Plan FODAC

By-The-Numbers 10K Schedules

Twelve-week tailored 10K schedules, based on your previous race times

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In Williams's scheme, a 40-minute 10K is an equivalent effort to a 31:36 5-miler and a 19:16 5K; a 50-minute 10K is equivalent to a 41:21 5-miler and a 24:57 5K; a 60-minute 10K is equivalent to a 47:19 5-miler and a 28:55 5K. In your 10K training, you'll be doing your longer, stamina-building repetitions at 5-mile pace, and your shorter, speed-enhancing repetitions at 5K pace.

The schedules below are coded based on *40-minute*, 50-minute and **60-minute** 10K goal times. (Again, if your goal time differs from these, extrapolate accordingly.) If you're hoping to break 40 minutes for the 10K, run the times marked in italics. If your goal is 50 minutes, run the times in normal text, and if you're hoping to break 60 minutes, run the times market in bold text. If there is no coding, the session should be self-explanatory. (Note: the 5-mile race you run in Week Four and the 5K race in Week Eight will become the basis for the subsequent 5-mile and 5K-pace repetitions.)

WEEK ONE

Mon 2 - 4M

Tue 3 - 4 x 800m at 5-mile pace (*3:10/3:56/4:45*)

Wed Rest

Thu 5M, then 4 x 100m at 5K pace

Fri 2 - 4M

Sat 10M

Sun Rest

WEEK TWO

Mon 2 - 4M

Tue 3 - 4 x 1000m at 5-mile pace (3:58/4:57/**6:07**), then 4 x 200m at 5K pace (1:26/1:46/**2:05**)

Wed Rest

Thu 5M, then 6 x 100m at 5K pace

Fri 2 - 4M

Sat 11M, then 6 x 50m (2 easy/2 med/2 med-hard)

Sun Rest

WEEK THREE

Mon 2 - 4M

Tue 5 x 1000m at 5-mile pace

Wed Rest

Thu 6M, then 8 x 100m at 5K pace

Fri 2 - 4M

Sat 12M, then 6 x 50m (2 easy/2 med/2 med-hard)

Sun Rest

WEEK FOUR

Mon 2 - 4M

Tue 4M, then 6 x 100m strides

Wed Rest

Thu 5M, then 4 x 200m at 5K pace

Fri 2 - 4M

Sat Rest

Sun 5M race

WEEK FIVE

Mon 2 - 4M

Tue 5 - 6M, then 6 x 200m at 5K pace

Wed Rest

Thu 4 x 1200m at 4:45/5:54/7:07, then 4 x 200m at 5K pace

Fri 2 - 4M

Sat 12M, then 6 x 50m (2 easy/2 med/2 med-hard)

Sun Rest

WEEK SIX

Mon 2 - 4M

Tue 5 x 1200m at 4:45/5:54/7:07

Wed Rest

Thu 8 x 200m at 5K pace

Fri 2 - 4M

Sat 10M, then 6 x 50m (2 easy/2 med/2 med-hard)

Sun Rest

WEEK SEVEN

Mon 2 - 4M

Tue 4 x 800m at new 5-mile pace, then 4 x 200m at 5K pace

Wed Rest

Thu 5M, then 6 x 200m at 5K pace

Fri 2 - 4M

Sat 13M, then 6 x 50m (2 easy/2 med/2 med-hard)

Sun Rest

WEEK EIGHT

Mon 2 - 4M

Tue 4 x 400m at 5K pace (1:32/1:50/**2:04**), then 2 x 200m at 5K pace

Wed Rest

Thu 2 - 4M, then 6 x 100m strides

Fri 2 - 4M

Sat Rest

Sun 5K race

WEEK NINE

Mon 2 - 4M

Tue 5 -6M, then 4 x 200m at 5K pace

Wed Rest

Thu 2 x 1000m and 2 x 1600m at new 5-mile pace

Fri 2 - 4M

Sat 13M, then 6 x 50m (2 easy/2 med/2 med-hard)

Sun Rest

WEEK TEN

Mon 2 - 4M

Tue 4 x 1600m at new 5-mile pace, then 4 x 200m at new 5K pace

Wed Rest

Thu 4 x 400m and 4 x 200m at new 5K pace

Fri 2 - 4M

Sat 13M

Sun Rest

WEEK ELEVEN

Mon 2 - 4M

Tue 2 x 1600m at new 5-mile pace, then 2 x 800m at new 5K pace

Wed Rest

Thu 5 - 6M, then 6 x 200m at new 5K pace

Fri 2 - 4M

Sat 10M, then 6 x 50m (2 easy/2 med/2 med-hard)

Sun Rest

WEEK TWELVE

Mon 2 - 4M

Tue 2 x 1600m at goal 10K pace, then 4 x 400m at new 5K pace

Wed Rest

Thu 4 x 200m at new 5K pace, then 4 x 100m strides (fast but relaxed)

Fri 2 - 4M

Sat Rest

Sun 10K goal race