

NYRR 10K TRAINING PLAN BEGINNER (12 WEEKS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Easy run or day off	Speedwork	Easy run, easy cross-training, or day off	Tempo run	Day off	Easy run with drills and strides	Long run
1	20:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 3x (5:00 at RPE L7, 5:00 recovery jog) • 10:00 easy • 5-10:00 strength training 	Choose one: 30:00 easy, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 30:00 at RPE L6 • 5:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 4x (20-second stride, 40-second jog) • 10:00 easy 	<ul style="list-style-type: none"> • 40:00 at RPE L5 • 5-10:00 strength training (optional)
2	30:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 4x (6:00 at L7 RPE, 6:00 recovery jog) • 4:00 easy • 5-10:00 strength training 	Choose one: 20:00 easy, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 40:00 at RPE L6-6.5 • 5:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 6x (20-second stride, 40-second jog) • 10:00 easy 	<ul style="list-style-type: none"> • 50:00 at RPE L5 • 5-10:00 strength training (optional)
3	20:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 6x (2:00 uphill at RPE L7-8, jog-down recovery) • 10:00 easy • 5-10:00 strength training 	Choose one: 25:00 easy, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 20:00 at RPE L7-7.5 • 5:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 15:00 easy • 8x (20-second stride, 40-second jog) • 15:00 easy 	<ul style="list-style-type: none"> • 50:00 at RPE 5-5.5 • 5-10:00 strength training (optional)
4	30:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 4x (7:00 at RPE L7 w/7:00 recovery jog) • 5:00 easy • 5-10:00 strength training 	Choose one: 30:00 easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 30:00 at RPE L7 • 10:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 4x (1:00 at 5K goal pace, 1:00 jog) • 10:00 easy 	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 5K time trial or race • 10:00 easy
5	20:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 2x (10:00 at L7 RPE w/10:00 recovery jog) • 5-10:00 strength training 	Choose one: 25:00 easy, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 40:00 at RPE L6-7 • 10:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 8x (30-second stride, 30-second jog) • 10:00 easy 	<ul style="list-style-type: none"> • 1:00:00 at RPE L5 • 5-10:00 strength training (optional)
6	30:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 3x (7:00 at RPE L7, 7:00 recovery jog) • 10:00 easy • 5-10:00 strength training 	Choose one: 25:00 easy or 25:00 easy cross-training	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 25:00 at RPE L7-8 • 10:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 8x (20-second stride, 20-second jog) • 10:00 easy 	<ul style="list-style-type: none"> • 50:00 at RPE L5 • 5-10:00 strength training (optional)

NYRR 10K TRAINING PLAN BEGINNER (12 WEEKS)

7	20:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 4x (5:00 at RPE L7, 5:00 recovery jog) • 5:00 easy • 5-10:00 strength training 	Choose one: 30:00 easy, 30:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 30:00 at RPE L6.5-7.5 • 10:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 8x (20-second stride, 40-second jog) • 10:00 easy 	<ul style="list-style-type: none"> • 1:00:00 at RPE L5-5.5 • 5-10:00 strength training (optional)
8	30:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 7:00 at RPE L7, 7:00 recovery jog • 5:00 at RPE L7, 5:00 recovery jog • 3:00 at RPE L8, 3:00 recovery jog • 1:00 at RPE L8 • 10:00 easy • 5-10:00 strength training 	Choose one: 25:00 easy, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 20:00 at RPE L7-8 • 10:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 4x (20-second stride, 40-second jog) • 10:00 easy 	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 8K/5-mile time trial or race • 10:00 easy
9	20:00 easy	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 4x (5:00 at RPE L7, 5:00 recovery jog) • 5:00 easy • 5-10:00 strength training 	Choose one: 30:00 easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 30:00 at RPE L6.5-7.5 • 10:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 8x (20-second stride, 40-second jog) • 10:00 easy 	<ul style="list-style-type: none"> • 1:00:00 at RPE L5-5.5 • 5-10:00 strength training (optional)
10	30:00 easy	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 2x (10:00 at RPE L7 w/10:00 recovery jog) • 5-10:00 strength training 	Choose one: 25:00 easy or 25:00 easy cross-training	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 30:00 at RPE L7-7.5 • 10:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 8x (20-second stride, 40-second jog) • 10:00 easy 	<ul style="list-style-type: none"> • 50:00 at RPE L6 • 5-10:00 strength training (optional)
11	20:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 6x (2:00 at RPE L7, 2:00 recovery jog) • 8:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 20:00 at 10K goal pace • 10:00 easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 10:00 easy • 8x (20-second stride, 40-second jog) • 10:00 easy 	<ul style="list-style-type: none"> • 40:00 at RPE L5 • 5-10:00 strength training (optional)
12	Day off	<ul style="list-style-type: none"> • 10:00 easy w/form drills and strides • 10:00 at 10K goal pace • 10:00 easy • 5-10:00 strength training 	Choose one: 30:00 easy or day off	<ul style="list-style-type: none"> • 10:00 easy • Form drills • 6x (20-second stride, 40-second jog) • 5:00 easy 	30:00 easy or day off	<ul style="list-style-type: none"> • 5:00 easy • 4x (20-second stride, 40-second jog) • 5:00 easy 	<ul style="list-style-type: none"> • 10:00 easy • Form drills and strides • Goal race • 10:00 easy

WARMUP: 10:00 EASY WITH FORM DRILLS AND STRIDES

- **Jog 1:00**
- **Form drills:** for 15–20 seconds each, followed by 15–20 seconds of slow jogging, do each of these eight drills:
 - Butt-kicks
 - High knees
 - Quick feet
 - Skipping for height
 - Side-slide/chassée (R and L)
 - Cross-over/carioca/grapevine (R and L)
- **Strides:** after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you’ve done four 20-second strides.
- **Jog 1:00**

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1-2	Negligible effort	Walking
3-4	Easy	Easy-run range
5	Moderate	Regular-run pace
6-7	Moderate-to-hard	Tempo-run range
8-9	Hard	Speedwork range
10	Very hard	Sprinting