



SPARTAN TRAIL

TRAINING PLAN 10K

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|--|--|---|--|---|
| WEEK 1 | 3-4 miles, alternating jogging and walking every 1/4 mile | Off | 3-4 miles, alternating jogging and walking every 1/2 mile | Off | 3-4 miles, alternating jogging 1/2 mile and walking 1/4 mile | Off |
| WEEK 2 | Off | 3-4 miles easy | Off | 5-6 miles easy | Off | 4-5 miles easy |
| WEEK 3 | Off | 4 miles easy + 4 x 30 sec "stride" (85-90% of a sprint, focusing on gradual acceleration and slowdown) | Off | 5-6 miles easy | 4-5 miles easy | Off |
| WEEK 4 | Off | 2 mile warmup, 4 x 1/2 mile at goal race pace with 90 seconds shuffle between, 1 mile cooldown | Off | 4-5 miles easy | 4 miles easy plus 5 x 30 second stride | Off |
| WEEK 5 | Off | 4-5 miles easy | Fartlek (speedplay): 1 mile warmup, 3 miles of (2 min medium-hard, 1 min easy), 1 mile cooldown | Off | 5 miles easy plus 6 x 30 second stride | 3-4 miles easy |
| WEEK 6 | Off | 4-5 miles easy | Mile Breakdown: 2 mile warmup, 1 mile at goal race pace, 3/4 mile at slightly faster, 1/2 mile at slightly faster, 1/4 mile at slightly faster, 1 mile cooldown | Off | 5 miles easy plus 7 x 30 second stride | 4-5 miles easy |
| WEEK 7 | Off | 4-5 miles easy | TIME TRIAL! 2 mile warmup and 3-4 x 20 sec stride, 4 mile time trial, 1 mile cooldown. Time trial should be pretty much all out, but save that last 2% for race day. | Off | 4-5 miles easy | 5 miles easy plus 8 x 30 second stride |
| WEEK 8 | Off | 4-5 miles easy | 2 mile warmup, 12 x 1/4 mile at goal race pace with 60 second shuffle jog between, 1 mile easy cooldown | Off | 5-6 miles easy | 6-7 miles easy plus 10 x 30 second stride |
| WEEK 9 | Off | 4-5 miles easy | 2 mile warmup, 2 miles at goal race pace, 3 min shuffle jog recovery, 8 x 30 sec stride with 30 sec recovery between, 1 mile easy cooldown | Off | 4-5 miles easy | 6 miles easy plus 10 x 30 second stride |
| WEEK 10 | Off | 60 min run. At 30 minutes, do 20 x 20 sec at race pace, 40 sec easy between. Last 10 min easy cooldown | 4-5 miles easy | 5 miles easy and 6-8 x 20 second stride | Off | 2 miles easy and 5-6 x 20 second stride |