



LET'S GO!

WELCOME TO YOUR ADVANCED-RUNNER 10K TRAINING PLAN!

This program is designed for experienced runners
who are looking to improve their speed and chase a shiny new PB.

DOES THAT SOUND LIKE YOU? WE THOUGHT SO!



AS WITH ANY TRAINING PROGRAM,
IT'S IMPORTANT TO AIM FOR CONSISTENCY.

The workouts build on each other week-to-week and you'll set yourself up for success
by hitting each key workout throughout the plan.

SO WHAT'S AHEAD?

Speed workouts, long runs, casual cruises, and a whole lot of fun.
It's time to lace up those sneakers and show the pavement who's boss!

WEEK 1: JULY 24 - JULY 30

WEEK 1 TIP

Increases in mileage should be made gradually week-to-week, with no more than a 5-10% bump in overall mileage each week. No cheating!

MONDAY

6KM EASY

Easy pace means you should be able to hold a conversation while running!

TUESDAY

2KM WARMUP

40S, 60S, 80S, 90S, 80S, 60S, 40S INTERVALS

W/ 50% EASY JOG BETWEEN EACH INTERVAL

2KM COOLDOWN

This type of workout involves 'Fartleks' - yep, go ahead and laugh! - which will help you gain strength and speed over the course of the plan.

WEDNESDAY

6KM EASY

THURSDAY

REST UP!

FRIDAY

2KM WARMUP

20 MIN @ 10K PACE (TIME TRIAL!)

2KM COOLDOWN

Kick things off with a 20-minute hard effort at what you think your 10 km pace is. This'll give you a baseline of where you're at.

SATURDAY

REST UP!

SUNDAY

10KM EASY

Long runs increase aerobic endurance, strengthen the musculoskeletal system and build self-confidence.

WEEK 2: JULY 31 - AUGUST 6

WEEK 2 TIP

Have you ever trained in a carbon-plated shoes? Carbon technology can significantly help with speed, propelling you forward with less effort. See the experts at [BLACKTOE RUNNING](#) for carbon shoe recommendations if you need 'em!

MONDAY

6KM EASY

Easy runs keep the legs ticking over!

TUESDAY

2KM WARMUP

5-7 X 200M @ 5KM PACE

200M EASY JOG BETWEEN EACH INTERVAL

2KM COOLDOWN

Hey - who Fartlek'd? Oh, it was you!

WEDNESDAY

6KM EASY

THURSDAY

REST UP!

FRIDAY

2KM WARMUP

5 X 500M @ 10KM PACE

500M EASY JOG BETWEEN EACH INTERVAL

2KM COOLDOWN

This is a longer Fartlek workout. Aim to hit the same pace as your 20-minute hard effort from last Friday.

SATURDAY

REST UP!

SUNDAY

10KM EASY

 CHALLENGE

Grab a buddy and make this a social run if you can. The kilometres will fly by.

WEEK 3: AUGUST 7 - AUGUST 13

WEEK 3 TIP

Your legs might be feeling sore from the speed work at this point. Try cold/hot therapy, massage tools, and rollers to help your muscles recover. It's a great excuse for midday baths!

MONDAY

7KM EASY

Recovery runs make you stronger.

TUESDAY

2KM WARMUP

200M @ 5K / 200M E / 400M @ 5K / 400M E /
800M @ 5K / 400M E / 800M @ 5K / 400M E /
400M @ 5K / 400M E / 200M @ 5K (E = EASY)

2KM COOLDOWN

The work increases the closer you get to the top of the pyramid & eases on your way back down. Don't overdo it in the first few - you want to hit a consistent pace during each interval.

WEDNESDAY

7KM EASY

THURSDAY

REST UP!

FRIDAY

2KM WARMUP

5 X 1KM @ 10KM PACE

2 MIN EASY JOG BETWEEN EACH INTERVAL

2KM COOLDOWN

Aim to hit the same paces for each 1km interval.

SATURDAY

REST UP!

SUNDAY

12KM EASY

Each week the long run will get gradually longer before coming back down a few weeks prior to race day.

WEEK 4: AUGUST 14 - AUGUST 20

WEEK 4 TIP

You have nothing to gain by running all your mileage at the same pace. Hard effort should be HARD and easy effort should be EASY. There might be more than 2:00 min/km difference between the two.

MONDAY

7KM EASY

TUESDAY

2KM WARMUP

4 X 40 SEC UP HARD - 80 SEC DOWN EASY

2 X 30 SEC UP HARD - 60 SEC DOWN EASY

2KM COOLDOWN

The racecourse is a long, gradual hill, so we're adding your first hill workout. Focus less on pace and more on effort and form for this one.

WEDNESDAY

7KM EASY

THURSDAY

REST UP!

FRIDAY

2KM WARMUP

4 X 5 MIN @ 10KM PACE

3 MIN EASY JOG BETWEEN EACH INTERVAL

2KM COOLDOWN

This will add up to 20 min of work at 10 km pace. Settle into it and get comfortable.

SATURDAY

30-40 MIN EASY

SUNDAY

13KM EASY

 CHALLENGE

Aim to run about one minute per km slower (at least) than your current 10KM pace. It's harder than it sounds!

BLACKTOE
RUNNING INC.



SHOES

APPAREL

ACCESSORIES

GELS & DRINKS

HYDRATION

STRENGTH & RECOVERY



**GEAR UP
FOR RACE DAY**

LIVE. LOVE. RUN.

[BLACKTOERUNNING.COM](https://blacktoerunning.com)

WEEK 5: AUGUST 21 - AUGUST 27

WEEK 5 TIP

Don't forget to smile :) Smiling while racing has been proven to reduce the amount of pain an athlete believes they are experiencing, so go ahead and flash those pearly whites.

MONDAY

8KM EASY

Easy runs keep the legs ticking over!

TUESDAY

2KM WARMUP

4-6 X 800M @ 5KM PACE

400M EASY JOG BETWEEN EACH INTERVAL

2KM COOLDOWN

Love 'em or hate 'em, 800 metre repeats are an effective workout. Maximize this effort by taking intervals **HARD** and recoveries **EASY**.

WEDNESDAY

8KM EASY

Remember that training is cumulative. It takes time and dedication to your training plan to achieve the results you want.

THURSDAY

REST UP!

FRIDAY

2KM WARMUP

2 X 10 MIN @ 10KM PACE

4 MIN EASY JOG BETWEEN EACH INTERVAL

2KM COOLDOWN

Another session of 20 min @ 10 km pace, but broken up into 2 intervals. This will be a great measure of your improvement so far.

SATURDAY

REST UP!

SUNDAY

13KM EASY

WEEK 6: AUGUST 28 - SEPTEMBER 3

WEEK 6 TIP

Thinking about new racing shoes and gear? Now it the time to buy n'try what you're planning to use on race day. It'll give you time to work your shoes in but they'll still be fresh for race day.

MONDAY

8KM EASY

TUESDAY

2KM WARMUP

800M @ 10K - 90 SEC EASY / 1200M @ 10K - 2

MIN EASY/ 1600M @ 10K - 2 MIN EASY

(@ 10K = CURRENT 10KM PACE)

2KM COOLDOWN

You have different gears! Be patient, pay attention, and have fun experimenting with your comfort level at different speeds across different distances.

WEDNESDAY

8KM EASY

THURSDAY

REST UP!

FRIDAY

2KM WARMUP

3-4 X 1 MILE @ 10KM PACE

2 MIN EASY JOG BETWEEN EACH INTERVAL

2KM COOLDOWN

SATURDAY

REST UP!

SUNDAY

14KM EASY

This is your longest run and will prepare your mind and body to go the distance on race day.

WEEK 7: SEPTEMBER 4 - SEPTEMBER 10

WEEK 7 TIP

The 'Taper' is when runners scale back their workload by at least 30% leading up to a race. This will give your body time to rest before a tough effort. Focus on recovery this week and put your feet up!

MONDAY

7KM EASY

TUESDAY

2KM WARMUP

6 X 40 SEC UP HARD - 80 SEC DOWN EASY

3 X 30 SEC UP HARD - 60 SEC DOWN EASY

2KM COOLDOWN

Another hill workout, building off of the previous one. Hills make you strong - give in to the pain!

WEDNESDAY

7KM EASY

THURSDAY

REST UP!

FRIDAY

2KM WARMUP

20 MIN @ 10K PACE - PUSH IT!

2KM COOLDOWN

We're one week out from race day and putting it all together by doing the workout from week 1. You should notice improvement. This could mean that you maintained a faster overall pace, are more steady in your pacing, or that it feels more controlled.

SATURDAY

REST UP!

SUNDAY

10KM EASY

Ahhhh, a taper run. Enjoy a relaxed pace and reduced mileage today.

RACE WEEK: SEPTEMBER 11 - SEPTEMBER 17

RACE WEEK TIP

The key during race week is to keep the legs fresh and focus on rest, nutrition, and positive thoughts about your upcoming race. The hay is in the barn - You've got this!

MONDAY

6KM EASY

TUESDAY

2KM WARMUP

4 X 500M @ 5KM PACE

200M EASY JOG BETWEEN EACH INTERVAL

2KM COOLDOWN

There's no need to push the pace - you won't gain or lose fitness this week. Dial into a comfortable 5K pace and focus on feeling controlled.

WEDNESDAY

5KM EASY

THURSDAY

REST UP!

RACE KIT PICKUP: September 14 - 15 • 11:00am – 7:00pm @BLACKTOE RUNNING MIDTOWN
All participants in the In-Person event must pick up their race bib, pins & shirt.

FRIDAY

30 MIN SHAKEOUT RUN & 3 X STRIDES

Get oxygen flowing to the muscles and loosen up your legs. Your shakeout should be SLOW.



RACE DAY

It's time to put all your hard work to the test.
Have fun and stay positive. Don't forget to celebrate afterwards!

VISIT ONE OF OUR LOCATIONS

KING WEST

95 Bathurst Street, Toronto

MIDTOWN

2488 YONGE STREET TORONTO

BlackToe Running offers the best running shoes and apparel for anyone looking to learn to run, train for a 10km race or even go after that Marathon! We offer expert shoe fittings and our version of Gait Analysis is a stride assessment using advanced technology. It is always free and available at both locations with no appointment required.