

**DEBBIE'S 7-WEEK TRAINING SCHEDULE FOR A 10K\***

<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
<b>3-4 miles</b> EASY	0-4 miles or ACTIVE REST	<b>3 miles</b> TEMPO CHANGE	0-4 miles or ACTIVE REST	3 miles NEGATIVE SPLIT	0-4 miles or ACTIVE REST	<b>3-4 miles</b> HARD &/or HILLY
<b>4 miles</b> EASY	0-4 miles or ACTIVE REST	3 miles YOUR CHOICE	<b>3-5 miles</b> PYRAMID	4 miles YOUR CHOICE	0-4 miles or ACTIVE REST	<b>3-4 miles</b> HARD &/or HILLY
<b>4-5 miles</b> EASY	0-4 miles or ACTIVE REST	<b>4 miles</b> TEMPO CHANGE	0-4 miles or ACTIVE REST	<b>3-4 miles</b> NEGATIVE SPLIT	0-4 miles or ACTIVE REST	<b>4 miles</b> HARD &/or HILLY
<b>4-6 miles</b> EASY	0-4 miles or ACTIVE REST	3 miles YOUR CHOICE	<b>4-6 miles</b> PYRAMID	3 miles YOUR CHOICE	0-4 miles or ACTIVE REST	<b>4-5 miles</b> HARD &/or HILLY
<b>5-7 miles</b> EASY	0-4 miles or ACTIVE REST	<b>4-5 miles</b> TEMPO CHANGE	0-4 miles or ACTIVE REST	<b>4 miles</b> NEGATIVE SPLIT	0-4 miles or ACTIVE REST	<b>4-5 miles</b> HARD &/or HILLY
<b>6-8 miles</b> EASY	0-4 miles or ACTIVE REST	3 miles YOUR CHOICE	<b>4-6 miles</b> PYRAMID	3 miles YOUR CHOICE	0-4 miles or ACTIVE REST	<b>4-5 miles</b> HARD &/or HILLY
<b>5-6 miles</b> EASY	0-4 miles or ACTIVE REST	<b>4-5 miles</b> TEMPO CHANGE	0-4 miles or ACTIVE REST	3 miles YOUR CHOICE	0-4 miles or ACTIVE REST	0-4 miles or ACTIVE REST
<b>10K DAY</b>						

**\*CAVEAT**

TEMPO CHANGE

This schedule is designed for an uninjured runner with a base of about 12 miles a week. Run with 1-4 minute lifts or surges separated by 2-6 minutes of jogging. (Alternate faster-than-normal with slower-than-normal pace.)

NEGATIVE SPLIT

Run the second half faster than the first. (Hint: start a little slower than normal!)

PYRAMID

Start slowly, build steadily to a faster-than-normal pace, then taper down again.

ACTIVE REST

Participate in an alternative form of light exercise, such as brisk walking, swimming, cycling, rowing, yoga, etc. Remember, this is a "recovery" day.

DAY SEQUENCE

Feel free switch days around to accommodate your other life.