



4-WEEK TRAINING PLAN: 10K SPEED SHARPENING



CREATED BY BROOKS BEASTS HEAD COACH DANNY MACKEY

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	1-2 miles @ easy pace .	OFF/ Recovery Day	4-6 miles @ easy pace .	5 miles total: 1 mile @ easy pace , 2 miles @ hard pace , 1 mile @ easy pace , 1 mile of 30 sec @ hard pace , 90 sec @ easy pace continuously.	OFF/ Recovery Day	2-4 miles @ recovery pace .	8 miles @ easy pace .
WEEK 2	OFF/ Recovery Day	4-6 miles @ easy pace .	4-6 miles @ moderate pace . 6x 100m or 6x 15 sec pickups . Rest 30-60 sec in between pickups .	6-7 miles total: 1 mile @ easy pace , 1 mile @ goal pace (GP) , 1 mile @ easy pace , 1 mile @ GP , hills 8x 15 sec uphill sprints with walk down for recovery, 1 mile @ easy pace .	OFF/ Recovery Day	2-4 miles @ recovery pace .	8 miles @ easy pace .
WEEK 3	OFF/ Recovery Day	4-6 miles @ easy pace .	5-7 miles @ moderate pace . 7x 100m or 7x 15 sec pickups . Rest 30-60 sec in between pickups .	4.5 miles total: 1 mile @ easy pace , 8x 400m @ 3-5 sec faster than GP w/90 sec rest, 400m walk recovery, 4x 200m quick, no time given, 200m walk/jog rest, 1 mile @ easy pace .	OFF/ Recovery Day	3-5 miles @ recovery pace .	8 miles @ easy pace .
WEEK 4	OFF/ Recovery Day	4-6 miles @ easy pace .	5-6 miles @ moderate pace . Hills, 8x 15 sec uphill pickups with a walk down for recovery.	6.5 miles total: 2 miles @ easy pace , 2x 800m at GP , 3 min rest, 1x 800m hard pace , 3 min rest, 6x 200m quick, no time given, 200m walk rest, 2 miles easy pace .	OFF/ Recovery Day	3-4 miles @ recovery pace . 6x 15 sec strides	RACE DAY!

PACE DEFINITIONS:

EASY PACE – This can be your “default” pace and try not to pay attention to your watch, just run relaxed and off feel. You should be able to carry a conversation. On a 1 to 10 scale, 1 being a walk, 10 being an all out race effort, this is a 3-4 out of 10 effort.

MODERATE PACE – This should be markedly faster than your Easy Pace but should be much easier than a sprint and much less intense. You should be able to maintain this pace for an entire run if you were to focus. You should be able to say a full sentence but not carry on a conversation. Effort is a 5-6 out of 10.

HARD PACE – This should be faster than moderate pace. You’ll push yourself to run this hard pace for shorter intervals at various times in the training plan. You’ll want to practice good form while staying mentally tough to practice pushing through discomfort at this faster speed. You can say a few words but not a full sentence. Effort is an 8-9 out of 10.

GOAL PACE [GP] – Use the pace calculator to determine your time per mile based on your goals. This will help you determine what your race pace is for your workouts. This is a 10 out of 10 effort wise.

RECOVERY PACE – Your body can help you determine what Recovery Pace is for you. Used mostly in workouts after hard or fast intervals, recovery pace is slow and steady, usually slower than your Easy Pace. This is meant to keep your heartrate up and your body warm while giving your systems the chance to recover and reset. Effort wise this is a 2 out of 10. Slower is better, don’t worry about pace here, the aim is to recover.

PICKUPS – These are short efforts. You can think of these as controlled sprints where you work on speed and your form. Use these as an opportunity to be athletic and get back to your pure speed.

WARM-UP / COOL-DOWN – Easy jogging and a few shorter, faster intervals to get your body ready for a workout, and easy jogging to recover once you’re done.

