

# 10-Week Training Guide

 **lululemon 10K**

**MIAMI 2025**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	MAR 10 <b>Mindful Monday</b> Set your intentions for the week.	MAR 11 <b>Easy Run</b> 1-3M (1.5-5km)   3-4 Effort	MAR 12 <b>Low Impact Workout</b> Strength, stretch, yoga? It's up to you.	MAR 13 <b>Easy Run</b> 1-3M (1.5-5km)   3-4 Effort	MAR 14 <b>Rest Day</b>	MAR 15 <b>Long Run</b> 2-4M (3-6.5km)   3-4 Effort	MAR 16 <b>Low Impact Workout</b>
2	MAR 17 <b>Mindfulness + Easy Run</b> 1-3M (1.5-5km)   3-4 Effort	MAR 18 <b>Low Impact Workout</b>	MAR 19 <b>Speed Work</b> Run 45s   6-7 Effort Recover 75s   2-3 Effort Repeat 8-12 times	MAR 20 <b>Low Impact Workout</b>	MAR 21 <b>Easy Run</b> 1-4M (1.5-6.5km)   3-4 Effort	MAR 22 <b>Rest Day</b>	MAR 23 <b>Long Run</b> 2-4M (3-6.5km)   3-4 Effort
3	MAR 24 <b>Mindful Monday</b> Set your intentions for the week.	MAR 25 <b>Easy Run</b> 1-3M (1.5-5km)   3-4 Effort	MAR 26 <b>Speed Work</b> Run 90s   7-10 Effort Run 60s   8-10 Effort Run 30s   9-10 Effort Repeat 3-4 times	MAR 27 <b>Low Impact Workout</b>	MAR 28 <b>Easy Run</b> 1-4M (1.5-6.5km)   3-4 Effort	MAR 29 <b>Rest Day</b>	MAR 30 <b>Long Run</b> 2-5M (3-8km)   3-4 Effort
4	MAR 31 <b>Mindful Monday</b> Set your intentions for the week.	APR 1 <b>Easy Run</b> 1-3M (1.5-5km)   3-4 Effort	APR 2 <b>Speed or Hills</b> Speed: 10x run 60s   7.5-8.5 Effort 10x recover 60s   1-3 Effort Hills: Run uphill   7-8.5 Effort Walk/jog downhill   1-3 Effort Repeat 6-10 times	APR 3 <b>Low Impact Workout</b>	APR 4 <b>Tempo Run</b> Run 5min   6-7 Effort Recover 3min   1-3 Effort Repeat 3-4 times	APR 5 <b>Rest Day</b>	APR 6 <b>Long Run</b> 2-5M (3-8km)   3-4 Effort
5	APR 7 <b>Mindful Monday</b> Set your intentions for the week.	APR 8 <b>Easy Run</b> 2-4M (3-6.5km)   3-4 Effort	APR 9 <b>Run With Strides</b> 1-3M (1.5-5km)   3-5 Effort 6x 15-20s strides toward end of run	APR 10 <b>Low Impact Workout</b>	APR 11 <b>Tempo Run</b> Run 6min   6-7.5 Effort Recover 3min   1-3 Effort Repeat 2-3 times	APR 12 <b>Rest Day</b>	APR 13 <b>Long Run</b> 2-6M (3-9.5km)   3-4 Effort
6	APR 14 <b>Mindful Monday</b> Set your intentions for the week.	APR 15 <b>Run</b> 2-4M (3-6.5km)   3-5 Effort	APR 16 <b>Speed Work</b> Run 2min   7-8 Effort Recover 2min   1-3 Effort Repeat 4-8 times	APR 17 <b>Low Impact Workout</b>	APR 18 <b>Tempo Run</b> Run 20min   5-7 Effort	APR 19 <b>Rest Day</b>	APR 20 <b>Fast Finish Long Run</b> 2-6M (3-9.5km)   3-4 Effort Speed up for last 1M   5-6 Effort
7	APR 21 <b>Mindful Monday</b> Set your intentions for the week.	APR 22 <b>Run</b> 2-4M (3-6.5km)   3-5 Effort	APR 23 <b>Speed Cutdown</b> Run 3min   7 Effort   90s Recover Run 2min   8 Effort   90s Recover Repeat 2-3 times 3min rest between sets	APR 24 <b>Low Impact Workout</b>	APR 25 <b>Tempo Run</b> Run 8min   6-7 Effort Recover 4min   1-3 Effort Repeat 2-3 times	APR 26 <b>Rest Day</b>	APR 27 <b>Long Run</b> 3-7M (5-11km)   3-5 Effort
8	APR 28 <b>Mindful Monday</b> Set your intentions for the week.	APR 29 <b>Run</b> 2-5M (3-8km)   3-5 Effort	APR 30 <b>Speed or Hills</b> Speed: Run 2min   7.5-8.5 Effort Recover 2min   1-3 Effort Repeat 6-12 times Hills: 12x run uphill 60s   7.5-8.5 Effort 12x walk/jog downhill   1-3 Effort	MAY 1 <b>Low Impact Workout</b>	MAY 2 <b>Tempo Run</b> Run 10min   5-7.5 Effort Recover 4min   1-3 Effort Repeat 2-3 times	MAY 3 <b>Rest Day</b>	MAY 4 <b>Fast Finish Long Run</b> 3-7M (5-11km)   3-5 Effort Speed up for last 2M   6-7 Effort
9	MAY 5 <b>Mindful Monday</b> Set your intentions for the week.	MAY 6 <b>Run</b> 2-4M (3-6.5km)   3-5 Effort	MAY 7 <b>Speed Work</b> Run 90s or 400m   7-9 Effort Recover 90s or 200m   1-3 Effort Repeat 8-14 times	MAY 8 <b>Low Impact Workout</b>	MAY 9 <b>Tempo Run</b> Run 10min   5-7.5 Effort Recover 4min   1-3 Effort Repeat 2-3 times	MAY 10 <b>Rest Day</b>	MAY 11 <b>Short or Long Run</b> 2-5M (3-8km)   Any Effort
10	MAY 12 <b>Mindful Monday</b> Set your intentions for the week.	MAY 13 <b>Speed Work</b> Run 0.5M   7 Effort Recover 90s-2min   1-3 Effort Repeat 3-5 times	MAY 14 <b>Rest Day</b> Save your legs for Sunday's running party.	MAY 15 <b>Run</b> 1-3M (1.5-5km)   3-4 Effort	MAY 16 <b>Rest Day</b> Take today to relax, stretch, and mentally prepare for the race.	MAY 17 <b>Optional Easy Run</b> 1-2M (1.5-3km)   2-4 Effort	MAY 18 <b>lululemon 10K Miami</b> 🏃 You made it. All that hard work is about to pay off.