



10 WEEKS TO A 10K //

“JUST THE BASICS” 10K TRAINING PLAN

DON'T LET THAT 10K DISTANCE INTIMIDATE YOU!

ARE YOU READY TO JUST TRAIN FOR SOMETHING? NEVER FEAR, THE 10K CAN BE 6.2 MILES OF A FUN CHALLENGE - AND YOU CAN GET READY FOR IT IN 10 WEEKS!

FIRST STEPS:

1 // Find a race! Many marathons and half marathons will have a 10k distance. You can tag along with a run-buddy who needs a marathon cheer-er, sneak in a 10k the day before, and still be functional at the cheer station!

2 // Figure out your goal for the 10k. To finish? To not walk? To feel strong throughout? To run faster each mile? To set a personal best? All of these are great goals! Write down your goal _____

3 // If applicable, find your goal pace here: <https://runsmartproject.com/calculator/>, write down your per mile 10k pace _____

4 // Dig into the training plan! There are purposefully only 3 days per week scheduled, you can fill in the other days with rest, walking, cycling, swimming, yoga, strength training, or your choice for 30-45 minutes, (including running!). If you are running on the other 4 days, just be sure to do it at a **very easy pace** so that you can recover well for your workout days.

5 // Don't worry if you have to move a workout day here or there...if you get in these 3 days every week, you'll be ready to go on race day!

6 // Variety is the spice of life. The key to this training plan is pace variation and through this plan you will get to **know how your body feels at certain paces**. On race day you'll be able to control your effort in the first half of the race...that is important to finishing strong!

7 // Make sure to be satisfied with your effort.

TIPS, TRICKS, AND DICTION.

WU = Warmup run

CD = Cool down run

STRIDES: About 100 meters in length- a pace that is about your mile race pace or slightly faster. Pick up your knees and use good form. This is not a sprint!

FARTLEK (SPEED PLAY): There is a reason this is called "speed play"! This is just a way for your body to start feeling different paces; the speed you run is unimportant. Channel the feelings strong, easy, steady, and if you want to check your paces wait until after your workout is over. Be in tune with how you feel!

LONG RUN: This can be a combo of running and walking, or very slow running. The goal is to be in a very low aerobic zone...just cover the miles!

DRILLS: A walk, A skips, B walk, B skips, high knees, butt kicks. If you are unfamiliar with these drills, there are many great examples on YouTube.

"EASY" JOG: This is a pace that feels very comfortable - you can have a full conversation running at this pace.

TRAINING RUN PACE: This is a pace that feels mostly comfortable, but just pushes the boundaries of what an easy run is. You should still be in the aerobic zone of your heart rate, if you know that info. This run can be easily swapped out for an easy jog, depending on how you are feeling.

CROSS TRAIN: Some form of aerobic exercise that isn't running. Good examples include the bike, elliptical, or swimming/aqua jogging.

TEMPO PACE: A pace you can sustain without stopping for about 20-30 minutes. You should be able to speak in short sentences when running tempo pace. www.oiselle.com/pages/running-concepts

PACE CHART:

www.asklaurenfleshman.com/2015/01/pace-chart-for-workouts/

10K TRAINING PLAN

| | MON | TUES | WED/THUR | FRI | SAT | SUN |
|---------------|------------------------|--|-----------------------|---|---------|-------------------|
| WEEK 1 | WORK-OUT CHOICE OR OFF | 3-5 MILE RUN, THEN 6X 100M STRIDES (STRIDES ARE 80-85% EFFORT, FAST WITH GOOD FORM! THE DESSERT OF RUNNING!) | WORKOUT CHOICE OR OFF | 1 MILE WARMUP, FARTLEK (2 MIN STEADY, 1 MIN EASY, 1 MIN STRONG, 2 MIN EASY) X 3-5 GOAL IS TO CHANGE PACES, AS THAT STIMULATES FITNESS THE MOST! CD 1-2 MILES | DAY OFF | LONG RUN: 4 MILES |
| WEEK 2 | WORK-OUT CHOICE OR OFF | 2X MILE @ 10K+15S, 90S REST IN BETWEEN (FOR INSTANCE IF YOUR MILE PACE FOR THE 10K IS 8MINS, DO 2 X MILE AT 8:15 | WORKOUT CHOICE OR OFF | WARMUP 2 MILES, 8X 45 SECOND HILLS WITH WALK DOWN (FIND A HILL THAT STEEP ENOUGH TO SLOW YOU DOWN, BUT NOT SO STEEP YOU HAVE TO CHANGE YOUR FORM SIGNIFICANTLY), CD 2 MILES | DAY OFF | LONG RUN: 6 MILES |
| WEEK 3 | WORK-OUT CHOICE OR OFF | WARM UP 1 MILE, CONTINUOUS 5X800 ALT 10S SLOWER THAN 10K PACE, 30S SLOWER THAN 10K PACE 1-2 MILE WARMDOWN (FOR INSTANCE, IF YOUR PACE IS 8 MINS, ALTERNATE 4:10/ 4:30) | WORKOUT CHOICE OR OFF | WARM UP 1 MILE, 3 MI TEMPO @SUSTAINABLE PACE (THIS SHOULD BE SLOWER THAN 10K PACE BUT FASTER THAN EASY RUN PACE), COOL DOWN 1-2 MILES | DAY OFF | LONG RUN: 6 MILES |
| WEEK 4 | WORK-OUT CHOICE OR OFF | WARMUP 1-2 MILES, 12X400 AT 10K PACE, 60S STANDING REST, CD 1-2 MILES | WORKOUT CHOICE OR OFF | WU, 2X2MILE TEMPO, 90S REST IN BETWEEN, 6X 100M STRIDES, CD | DAY OFF | LONG RUN: 6 MILES |
| WEEK 5 | WORK-OUT CHOICE OR OFF | WU, FARTLEK (5'S, 4'S, 3'S, 2'S, 1'S) - THIS MEANS ALTERNATE 5 MIN STRONG, 5 MIN EASY, 4 MIN STRONG, 4 MIN EASY, ETC. THEN CD | WORKOUT CHOICE OR OFF | WU ONE MILE, 1200 START FAST (LIKE STARTING RACE), SLOW DOWN, 3MILE REGULAR RUN, 1200 START SLOW, SPEED UP LIKE FINISH OF RACE. CD | DAY OFF | LONG RUN: 7 MILES |

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|----------------|------------------------|--|-----------------------|---|---|--------------------|
| WEEK 6 | WORK-OUT CHOICE OR OFF | WU, 2-3X (3/3/3)TEMPO (3 MIN STEADY, 3 MIN STRONG, 3 MIN EASY), CD | WORKOUT CHOICE OR OFF | WU, 4-5 X (800 - 10K PACE, 90S JOG, 400 - 5K PACE, 90S JOG), CD | DAY OFF | LONG RUN: 8 MILES |
| WEEK 7 | WORK-OUT CHOICE OR OFF | WU, 10 MI TEMPO, 90S REST, 4X400 AT 5K RACE PACE W 60 SEC STANDING REST IN BETWEEN, 90S REST, 10 MIN TEMPO, CD | WORKOUT CHOICE OR OFF | WU, 4X (45S HILL STRONG, WALK DOWN, 30S HILL FAST, WALK DOWN), CD | DAY OFF | LONG RUN: 10 MILES |
| WEEK 8 | WORK-OUT CHOICE OR OFF | WU, 8XK AT 10K RACE PACE, 60-90 WALK REST, CD | WORKOUT CHOICE OR OFF | WU, 4MI TEMPO @ 20-30S/ MILE SLOWER THAN 10K RACE PACE, CD | DAY OFF | LONG RUN: 8 MILES |
| WEEK 9 | WORK-OUT CHOICE OR OFF | WU, 4X MILE CUT DOWNS 10K TO 5K PACE, 90S REST BETWEEN, CD | WORKOUT CHOICE OR OFF | WU, 8X400'S AT 5K RACE PACE OR FASTER, 60S REST, CD | DAY OFF | LONG RUN: 6 MILES |
| WEEK 10 | WORK-OUT CHOICE OR OFF | WU, 2X MILE AT 10K RACE PACE, 90S REST, CD | WORKOUT CHOICE OR OFF | WU, 3-4 MILES EASY + 4-6 STRIDES, CD | DAY OFF | RACE DAY! |
| WEEK 11 | | WEAR YOUR MEDAL TO THE GROCERY STORE | | TAKE A SHOWER WITH YOUR MEDAL | SLOW ROLLING PARADE THROUGH YOUR NEIGHBORHOOD TO CELEBRATE THE ONE WEEK ANNIVERSARY OF YOUR GREAT ACCOMPLISHMENT! | |