

LET'S GO!

WELCOME TO YOUR 10K TRAINING PROGRAM!

This plan is perfect for those who are new to running or have recently crushed a 5K and are looking for their next challenge.

**DON'T BE INTIMIDATED
YOU'VE GOT THIS!**

This plan will guide you through a series of workouts that build on each other week-to-week, giving you an opportunity to develop strength, endurance, and confidence.

Remember that runs can be modified by increasing or decreasing each run by 5-10 minutes or adding an extra run/rest day. You know your body best.



THE KEY TO SUCCESS IS BEING CONSISTENT.

You want to be putting a check mark beside each run in the program, even if you don't quite hit the exact mileage.

Getting out there with your best foot forward is what counts.

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!

WEEKLY TRACKER

At the end of each week, fill in the time you spent running and the total distance covered.
Tracking this will help you see your progress week-over-week.

WEEK 1

TIME

DISTANCE

WEEK 2

TIME

DISTANCE

WEEK 3

TIME

DISTANCE

WEEK 4

TIME

DISTANCE

WEEK 5

TIME

DISTANCE

WEEK 6

TIME

DISTANCE

WEEK 7

TIME

DISTANCE

 **RACE
WEEK**

TIME

DISTANCE

WEEK 1

WEEK 1 TIP

Your warmup and cooldown can be a light jog, brisk walk, or some active stretches and muscle activation. Just don't skip them — they are an important part of injury prevention.

MONDAY

15-20 MIN EASY

Your easy pace should be easy enough that you can hold a light conversation. It's OK to take walk breaks too!

TUESDAY

REST UP!

WEDNESDAY

10 MIN WARMUP

4-6 X 30 SEC OF HARD EFFORT

1 MIN EASY RECOVERY BETWEEN INTERVALS

10 MIN COOLDOWN

On a scale of 1-10, this effort should be an 8. It will feel tough. Try to keep each interval as consistent as you can. Take the easy portions as slow as you need to in order to be recovered for the next interval. This might be a slow walk or shuffle that turns into an easy paced jog as you build strength.

THURSDAY

REST UP!

FRIDAY

REST UP!

CHALLENGE

Turn a rest day into an active recovery day by cross-training or going for a long walk.

SATURDAY

20-30 MIN EASY

Many people think you need to run the entire time, but that's not the case. Walk or rest when you need to.

SUNDAY

REST UP!

WEEK 2

WEEK 2 TIP

Are you training in the right shoe? The experts at [BLACKTOE RUNNING](#) will provide a stride analysis and personalized consultation to make sure you're running in the best shoe for you. Visit the King St W or Midtown location for a proper fitting!

MONDAY 15-20 MIN EASY

TUESDAY REST UP!

WEDNESDAY

- 10 MIN WARMUP
- 30 SEC HARD / 30 SEC EASY
- 60 SEC HARD / 60 SEC EASY
- 90 SEC HARD / 90 SEC EASY
- 60 SEC HARD / 60 SEC EASY
- 30 SEC HARD / 30 SEC EASY
- 10 MIN COOLDOWN

This is called a ladder exercise. You want to start controlled and burn your energy evenly throughout each interval. A hard effort = 8-10 out of 10. Go for it!

THURSDAY REST UP!

FRIDAY REST UP!

SATURDAY 20-30 MIN EASY

 **CHALLENGE**

Bring a buddy along. The time will fly by and you might inspire somebody to join you on your running journey.

SUNDAY REST UP!

WEEK 3

WEEK 3 TIP

Your legs might be feeling sore from your program 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

15-20 MIN EASY

TUESDAY

REST UP!

WEDNESDAY

10 MIN WARMUP
2-4 X 3 MIN @ 5/10 EFFORT
2 MIN EASY RECOVERY BETWEEN INTERVALS
10 MIN COOLDOWN

Don't blow the gates off when you start this interval. Just settle into a nice moderate effort pace. You should feel like you could open it up and go faster but DON'T! You are practising finding the balance of "working comfortably."

THURSDAY

REST UP!

FRIDAY

OPTIONAL 20-30 MIN EASY

If you are feeling like you can do more and you have recovered from your workout, you can add another run to your week. The priority is recovering in between runs so if you need a rest day then take it!

SATURDAY

30-40 MIN EASY

SUNDAY

REST UP!
OR OPTIONAL CROSS TRAINING (XT) ACTIVITY

"Optional XT" is anything that gets your heart rate up to work the aerobic system. This is a great way to gain fitness while giving your legs a break from running.

WEEK 4

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

20-30 MIN EASY

3-5 X 20 SEC STRIDES
W/ FULL RECOVERY AT ANY POINT IN THE RUN
FULL RECOVERY = HOWEVER LONG IT TAKES TO
CATCH YOUR BREATH & CONTROL YOUR HEART RATE

“Strides” are when you focus on the best possible running form that you can do. It’s not just about sprinting, but holding the best posture and mechanics you can at high speed.

TUESDAY

REST UP!

WEDNESDAY

10 MIN WARMUP
3 X 5 MIN @ 5/10 EFFORT
3 MIN EASY RECOVERY BETWEEN INTERVALS
10 MIN COOLDOWN

This week we are increasing your “steady effort” from 12 minutes (last week’s workout) to 15 total minutes.

YOU CAN DO IT!

THURSDAY

REST UP!

FRIDAY

OPTIONAL 20-30 MIN EASY

If you are feeling like you can do more and you have recovered from your workout, you can add another run to your week.

NOT FEELING IT? REST UP!

SATURDAY

30-40 MIN EASY

SUNDAY

REST UP!
OR OPTIONAL XT

What’s your favourite way to cross train? We’re big fans of cycling, yoga, paddleboarding, swimming, and an energetic game of frisbee.

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

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

30-40 MIN EASY
FINISH WITH 3-5 X 20 SEC STRIDES

You are ready for longer runs by this point.
YOU'VE GOT THIS!

TUESDAY

REST UP!

WEDNESDAY

10 MIN WARMUP
3-4 X 1KM @ 5/10 EFFORT
4 MIN EASY RECOVERY BETWEEN INTERVALS
10 MIN COOLDOWN

Aim to hit the same pace for each interval. Don't start too hard on the first one, just trust that they will become more challenging the further you get into the workout.

THURSDAY

REST UP!

FRIDAY

OPTIONAL 20-30 MIN EASY

If you are feeling like you can do more and you have recovered from your workout, you can add another run to your week.
NOT FEELING IT? REST UP!

SATURDAY

40-50 MIN EASY

SUNDAY

REST UP!
OR OPTIONAL XT

CHALLENGE

Treat yourself to a doughnut or ice cream today. Trust us, it makes you a better runner.

WEEK 6

WEEK 6 TIP

Thinking about new racing shoes and gear? Now is 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

30-40 MIN EASY
FINISH WITH 3-5 X 20 SEC STRIDES

TIP: think about driving up with your knee, pulling your leg back (as if you were scraping gum off your shoe), and finishing by kicking back towards your butt to complete one full stride.

TUESDAY

REST UP!

WEDNESDAY

10 MIN WARMUP
2 X 8 MIN @ 5/10 EFFORT
3-4 MIN EASY RECOVERY BETWEEN INTERVALS
10 MIN COOLDOWN

We are slightly increasing the number of minutes at your steady effort pace, but breaking the interval up into bigger chunks.

THURSDAY

REST UP!

FRIDAY

OPTIONAL 20-30 MIN EASY

If you are feeling like you can do more and you have recovered from your workout, you can add another run to your week.

NOT FEELING IT? REST UP!

SATURDAY

50-60 MIN EASY

Take breaks when you need, but believe in your training and try to hold onto a consistent pace as long as possible.

SUNDAY

REST UP!
OR OPTIONAL XT

WEEK 7

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

30-40 MIN EASY
3-5 X 20 SEC STRIDES

TIP: think about driving up with your knee, pulling your leg back (as if you were scraping gum off your shoe), and finishing by kicking back towards your butt to complete one full stride.

TUESDAY

REST UP!

WEDNESDAY

10 MIN WARMUP
20 MIN @ SUSTAINED 5/10 EFFORT

This is our last week before race day!
At the start of this plan, doing 1 big effort at 20 minutes would've seemed overwhelming. But look back at the workouts over the last several weeks and you will see that you have slowly and steadily worked up to this 20 minute effort.

THURSDAY

REST UP!

FRIDAY

OPTIONAL 20-30 MIN EASY

If you are feeling like you can do more and you have recovered from your workout, you can add another run to your week.

NOT FEELING IT? REST UP!

SATURDAY

60-70 MIN EASY

Take breaks when you need, but believe in your training and try to hold onto a consistent pace as long as possible.

SUNDAY

REST UP!
OR OPTIONAL XT

The week before a race, we'd probably suggest focusing on recovery and eating well for this one.

RACE WEEK

RACE WEEK TIP

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

MONDAY

3-5 X 20 SEC STRIDES

The goal is to simply keep the legs turning quickly this week without exhausting your body.

TUESDAY

REST UP!

WEDNESDAY

10 MIN EASY
4KM EASY - DO THE FIRST MIN OF EACH KM
AT A HARDER 8/10 EFFORT

This is called "pickups" and is a great way to switch between your easy pace and some small sprints. It'll help you find small bursts of speed for passing people or sprinting to the finish line.

THURSDAY

REST UP!

FRIDAY

OPTIONAL 20-30 MIN "SHAKEOUT" RUN

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

SATURDAY

REST UP!
OR EASY 30 MINUTE SHAKE OUT RUN



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 provide a stride analysis using advanced technology that analyzes your stride to provide the best assessment possible. It is always free and available at both locations with no appointment required.