

45-min. 10 km RUNNING SCHEDULE

Goal: to run 4:30 min/km, or 7:15/mile on race day

| Week | | Mon | Tue | Wed | Thu | Fri | Sat | Sun | | Total Distance |
|------|----|------|-----------|----------|------|------|--------------|------|----|----------------|
| | | Rest | Speed day | Moderate | Easy | Rest | Easy fartlek | Long | | |
| 1 | Km | rest | 7 | 5 | 5 | rest | 5 | 10 | Km | 32 |
| | Mi | | 4 | 3 | 3 | | 3 | 6 | Mi | 19 |
| 2 | Km | rest | 7 | 7 | 5 | rest | 5 | 11 | Km | 35 |
| | Mi | | 4 | 4 | 3 | | 3 | 7 | Mi | 21 |
| 3 | Km | rest | 8 | 7 | 5 | rest | 5 | 13 | Km | 38 |
| | Mi | | 5 | 4 | 3 | | 3 | 8 | Mi | 23 |
| 4 | Km | rest | 8 | 8 | 5 | rest | 5 | 15 | Km | 41 |
| | Mi | | 5 | 5 | 3 | | 3 | 9 | Mi | 25 |
| 5 | Km | rest | 8 | 8 | 6 | rest | 5 | 13 | Km | 40 |
| | Mi | | 5 | 5 | 4 | | 3 | 8 | Mi | 25 |
| 6 | Km | rest | 8 | 10 | 7 | rest | 5 | 16 | Km | 46 |
| | Mi | | 5 | 6 | 4.5 | | 3 | 10 | Mi | 28.5 |
| 7 | Km | rest | 8 | 10 | 7 | rest | 5 | 12 | Km | 42 |
| | Mi | | 5 | 6 | 4.5 | | 3 | 7.5 | Mi | 26 |
| 8 | Km | rest | 8 | 8 | 6 | rest | 0 | 10 | Km | 32 |
| | Mi | | 5 | 5 | 4 | | 0 | 6 | Mi | 20 |

Notes:

- Schedule is flexible... move workouts to different days when you need to. Example: switch Sunday and Saturday workouts.
- The focus is on your long run and increasing your pace. Never put a speed day and long run back to back.
- Always run the first 5-minutes of each run at an easy jog to warm up, or 10 if you hear joints creaking.
- As you do any workout, jot down on the chart above either the actual time you were out, or distance if you know it.
Keeping track of workouts done gives you a record of just how far you've come and becomes a motivator in itself.
- Always consult a medical doctor before engaging in any rigorous exercise activity.
- Your target race day is the Saturday of week 8k (in blue).

PACING

a) The **SPEED day** is required once a week. Start speed in week 1.

(1) In weeks 1-2 do a **'tempo'** run... start with a 10-min. easy jog, then increase pace so that speaking is a bit labored; continue to end of distance

(2) In weeks 3-5 you do **hills**... Find a hill approximately 200-250 meters long, with a moderate incline (not too steep).

In week 3, jog to warm up, arrive at hill. Do 4 repeats of the hill: go up hard (about 45 sec.), down easy; total of 4X.

In week 4, jog to warm up, arrive at hill. Do 6 repeats of the hill: go up hard (about 45 sec.), down easy; total of 6X.

In week 5, jog to warm up, arrive at hill. Do 8 repeats of the hill: go up hard (about 45 sec.), down easy; total of 8X.

Always do a 10-15 min. warmup run to hill, stretch prior to hills and after them, and 10+ min. cool down run after.

(3) In weeks 6-8 you do **'intervals'** (speed followed by a rest break) at a track or site where you know distance...

Do a 10-15 min. warmup to a track or workout site... stretch, do warmup sprint (plus cool down jog after workout)

In week 6, run 800 meters in 3:25, take a 2 min. recovery break, repeat 3 more times.

In week 7, run 600 meters in 2:35, take a 1:30 min. recovery break, repeat 5 more times.

In week 8, run 400 meters in 1:45, take a 1 min. recovery break, repeat 7 more times.

b) **Moderate Runs:** this is a pace during which you can run comfortably and chat (even to yourself!);

Your pace should be in the **4:55 to 5:25 per KM** range depending on your speed.... OR

Your pace should be in the **8:00 to 8:10 per MILE** range depending on your speed.

For a bit more intensity some weeks, aim to run the second half of your moderate run 2-3 minutes faster than your first half.

c) The **LONG RUN** is your most important run of the week. If you have to miss a long run, swap it for another run that week.

Your pace should be in the **5:30 to 5:45 per KM** range depending on your speed.... OR

Your pace should be in the **9:00 to 9:20 per MILE** range depending on your speed.

d) **EASY runs** are just that. No speed like you're used to, just a pace that lets you talk easily.

EASY FARTLEK means do a 10 min. warmup, go hard for 1 min., slow for 1 min., repeat for rest of run.

e) **CROSSTRaining** includes cycling, swimming, in-line skating, hiking, walking, aerobics, etc. This is an optional workout but makes for a great change of 'pace' and complementary strengthening. If you want to get into it gradually, do it on

alternate weeks. Crosstrain on an moderate or EASY day, even on a REST day.

f) ALWAYS have a **minimum of 1 REST DAY per week**.

g) If you want just 4 run days per week, drop the Sat. run. or alternate removing Sat. with Wed. runs.