8-Week Training Plan

TOR 10K

TORONTO WATERFRONT 10K

June 16, 2018

Join the party at **Toronto10k**.com

NOVICE/INTERMEDIATE RUNNERS

YOUR 8-WEEK PLAN

Sunday
Base Day (Long Run)

Your longest run of the week. Here's where you build your mental and physical strength to take on the distance.

Tuesday & Friday
Easy Run

Loosen up those legs and keep it light as you get fired up for tomorrow's workout. Approximately 45s – 1 min slower than your race pace.

Thursday
Strength Day

A runner's secret weapon to staying strong, speedy and healthy.

Monday
Rest Day (Meditation)

Time to re-set your mind and body in preparation for the week ahead.

Wednesday
Speed Day

Work hard now and reap the benefits come race day.

Saturday
Yoga

The perfect tool to ease tired muscles, build strength, and embrace recovery.

LEGEND

Race Pace

The pace you expect to run during your 10K race

WU	Warm Up
CD	Cool Down

Tempo

A tempo run is a type of speed-based run workout. It's a run that is comfortably hard, meaning you should be running faster than 'easy pace' but not so hard that you cannot maintain this pace for the time assigned. A quick test: if you can hold a conversation while running, your tempo pace is not fast enough. You should be able to get a word out here and there, but not be gasping for air.

8 WEEKS TO

RUN YOUR CITY

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 1 Apr 22-28	22 ☐ **Base day (long run)** Easy 15 min	23 ☐ **Rest day** No activity	24 ☐ **Easy run** 15 min or join a run crew?	25 ☐ **Speed intro** 5 min WU + 10-15 min @ a harder effort + 5 min CD	26 ☐ **Strength**	27 ☐ **Easy run** 15 min + rest	28 ☐ **Yoga**
Week 2 Apr 29-May 5	29 ☐ **Base day (long run)** Easy 20 min	30 ☐ **Rest day** No activity	1 ☐ **Easy run** 20 min	2 ☐ **Find your race pace** 1 km WU + 2-3 km target 10K race pace + 1 km CD	3 ☐ **Strength**	4 ☐ **Easy run** 20 min	5 ☐ **Yoga**
Week 3 May 6-12	6 ☐ **Base day (long run)** Easy 4-6 km	7 ☐ **Rest day** No activity	8 ☐ **Easy run** 6 km	9 ☐ **Speed workout** 3 km easy + 4 x 20s hard / 40s easy + 2 km easy	10 ☐ **Strength**	11 ☐ **Easy run** 5 km	12 ☐ **Yoga**
Week 4 May 13-19	13 ☐ **Base day (long run)** Easy 4-6 km	14 ☐ **Rest day** No activity	15 ☐ **Easy run** 7 km	16 ☐ **Hill workout** 3 km easy + 5 x 45s hill repeats / jog back down to rest + 2 km easy	17 ☐ **Strength**	18 ☐ **Easy run** 6-7 km	19 ☐ **Halfway there** **Yoga**
Week 5 May 20-26	20 ☐ **Base day (long run)** Easy 6-8 km	21 ☐ **Rest day** No activity	22 ☐ **Easy run** 7 km	23 ☐ **Tempo run** 2 km WU + 3-4 km tempo + 2 km CD	24 ☐ **Strength**	25 ☐ **Easy run** 6 km + 5 x 20s strides	26 ☐ **Yoga**
Week 6 May 27-Jun 2	27 ☐ **Base day (long run)** Easy 8-10 km	28 ☐ **Rest day** No activity	29 ☐ **Easy run** 7-8 km	30 ☐ **Race simulation** 2 km WU + 6 km @ target 10K pace + 2 km CD	31 ☐ **Strength**	1 ☐ **Easy run** 8 km	2 ☐ **Yoga**
Week 7 Jun 3-9	3 ☐ **Base day (long run)** Easy 10-12 km	4 ☐ **Rest day** No activity	5 ☐ **Easy run** 8-9 km	6 ☐ **Progression workout** 2 km easy + 2 km @ 10s faster + 2 km @ 10s even faster + 2 km easy	7 ☐ **Strength or yoga**	8 ☐ **Easy run** 9 km + 5 x 20s strides	9 ☐ **Almost there** **Yoga**
Week 8 Jun 10-16	10 ☐ **Base day (long run)** Easy 8-9 km	11 ☐ **Rest day** No activity	12 ☐ **Easy run** 8 km	13 ☐ **Easy** Max 6 km or yoga	14 ☐ **Rest day** or yoga	15 ☐ **Easy run** 3 km + 5 x 20s strides followed by light stretch and / or foam rolling	16 **It's time.** **Let's do this!**