



TOR 10K

LULULEMON 10K

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NOVICE/INTERMEDIATE RUNNERS

8 WEEK TRAINING PLAN

This training guide was created by Rob Watson. A 4x Canadian National Champion, 9x Canadian National Team Member, and lululemon ambassador.



Long Run

One of the most important runs, they increase endurance and aerobic capacity. The extra length strengthens your musculoskeletal system to help fight muscular fatigue.



Easy Run

Do most of your training at this comfortable, conversational pace to build a solid base for higher-intensity training. You should never be "pushing it" on Easy Runs.



Intervals

This is a speed you can maintain for 10-15 minutes at max effort. Intervals have shorter reps with a bigger rest ratio. Run faster than your race pace.



Yoga

Runners are generally pretty tight, especially in our hips, hamstrings and calves. Yoga is a great way to increase mobility.



Tempo

Tempo runs let your body clear as much lactate as it produces, increasing endurance. You should not be able to hold a conversation at this pace.



Hills

A fairly low impact way to increase power, running economy and speed. Longer hills build power while shorter hills develop both power and speed.



Strides

Short, 15-25 second controlled sprints. Do sets of 4-10 starting at interval pace and working up to a full sprint. Do these near the start or end of your run.



Mindfulness / Mental Prep

Set intention for the week, write down your goals and remind yourself of your purpose for running.



Race Pace

The pace you expect to run during your 10K race.

Tempo Run Pace = T
Interval Training Paces = I

8 WEEKS TO TRAIN

APR 22 - JUN 15

RUN YOUR CITY

	MON	TUES	WED	THU	FRI	SAT	SUN
Week 1 APR 21-27	22 <input type="checkbox"/> Mindfulness/ Mental Prep	23 <input type="checkbox"/> Easy Run 4K	24 <input type="checkbox"/> Workout Intervals: 10 x 60 sec on, 60 sec jog	25 <input type="checkbox"/> Yoga	26 <input type="checkbox"/> Rest	27 <input type="checkbox"/> Easy Run 6K	28 <input type="checkbox"/> Rest
Week 2 APR 28-MAY 04	29 <input type="checkbox"/> Mindfulness/ Mental Prep	30 <input type="checkbox"/> Easy Run 5K	01 <input type="checkbox"/> Workout Intervals: 4 x 30 sec on, 30 sec jog, 4 x 60 sec on, 60 sec jog, 4 x 90 sec on, 90 sec jog, 2 min rest	02 <input type="checkbox"/> Yoga	03 <input type="checkbox"/> Rest	04 <input type="checkbox"/> Easy Run 7K	05 <input type="checkbox"/> Rest
Week 3 MAY 05-11	06 <input type="checkbox"/> Mindfulness/ Mental Prep	07 <input type="checkbox"/> Easy Run 5K	08 <input type="checkbox"/> Workout Hill Training 1 x 90 sec hills, 4 x 45 sec hills, 4 x 60 sec hills, 1 x 90 sec hill	09 <input type="checkbox"/> Yoga	10 <input type="checkbox"/> Rest	11 <input type="checkbox"/> Tempo: 2 x 10 min @ T, 90 sec jog rest	12 <input type="checkbox"/> Long Run 8K
Week 4 MAY 12-18	13 <input type="checkbox"/> Mindfulness/ Mental Prep	14 <input type="checkbox"/> Easy Run 5K	15 <input type="checkbox"/> Workout Tempo Run/Pace Practice: 4-5 x 1K @ Goal 10K pace, 1 min walk recovery	16 <input type="checkbox"/> Yoga	17 <input type="checkbox"/> Rest	18 <input type="checkbox"/> Easy Run 5K	19 <input type="checkbox"/> Long Run 9K
Week 5 MAY 19-25	20 <input type="checkbox"/> Mindfulness/ Mental Prep	21 <input type="checkbox"/> Easy Run 5K + 5 x strides	22 <input type="checkbox"/> Workout Intervals: 3-4 x 1K, 400m, 400m 60 sec rest between reps, 90 sec rest between sets	23 <input type="checkbox"/> Yoga	24 <input type="checkbox"/> Rest	25 <input type="checkbox"/> Easy Run 5K	26 <input type="checkbox"/> Long Run w/ Tempo: 10K continuous, 3K easy run, 5K @ T, 2K easy run
Week 6 MAY 26-JUN 01	27 <input type="checkbox"/> Mindfulness/ Mental Prep	28 <input type="checkbox"/> Easy Run 6K	29 <input type="checkbox"/> Workout Tempo Run/Pace Practice: 3K, 2K, 1K @ Goal 10K pace, 2 min walk recovery	30 <input type="checkbox"/> Yoga	31 <input type="checkbox"/> Rest	01 <input type="checkbox"/> Easy Run 5K	02 <input type="checkbox"/> Long Run 12K
Week 7 JUN 02-08	03 <input type="checkbox"/> Mindfulness/ Mental Prep	04 <input type="checkbox"/> Easy Run 8K	05 <input type="checkbox"/> Global Running Day! Workout Tempo Run/Pace Practice: 1K @ I pace, 5K @ Goal 10K pace, 1K @ I pace, 2 min rest	06 <input type="checkbox"/> Yoga	07 <input type="checkbox"/> Rest	08 <input type="checkbox"/> Easy Run 6K	09 <input type="checkbox"/> Not-so Long Run 8K
Week 8 JUN 09-15	10 <input type="checkbox"/> Mindfulness/ Mental Prep	12 <input type="checkbox"/> Easy Run 5K + 5 x strides	12 <input type="checkbox"/> Workout Tempo Run/Pace Practice: 5 x 1K @ Goal 10K pace, 90 sec rest	13 <input type="checkbox"/> Yoga	14 <input type="checkbox"/> 3-5k easy Get ready to jam!	15  Race!	