10 KM Training Plan

Race ready in 8 weeks

This training plan combines endurance, speed, and recovery to get you ready to tackle your race.

This plan was designed around an 8-week schedule for maximum results. You have options to adapt to your experience level, whether you are two or eight weeks from race day, you can jump into this program whenever it suits you.

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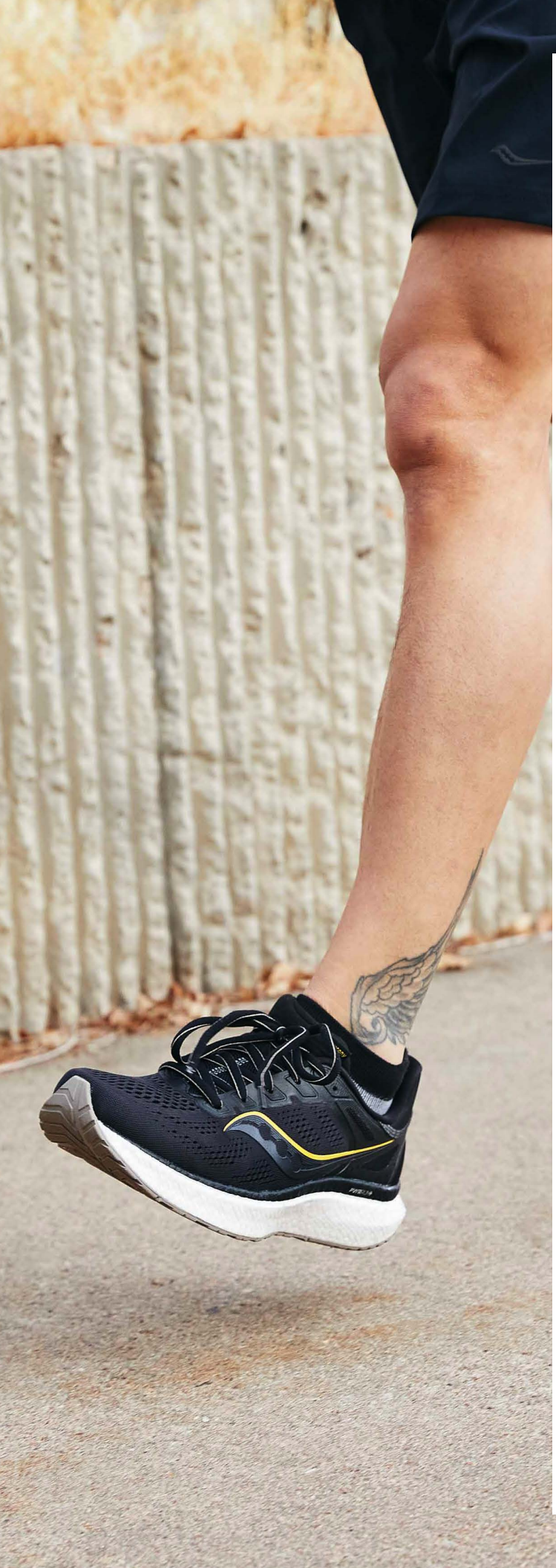
Running fast is easy. Preparing to run fast is the hard part.

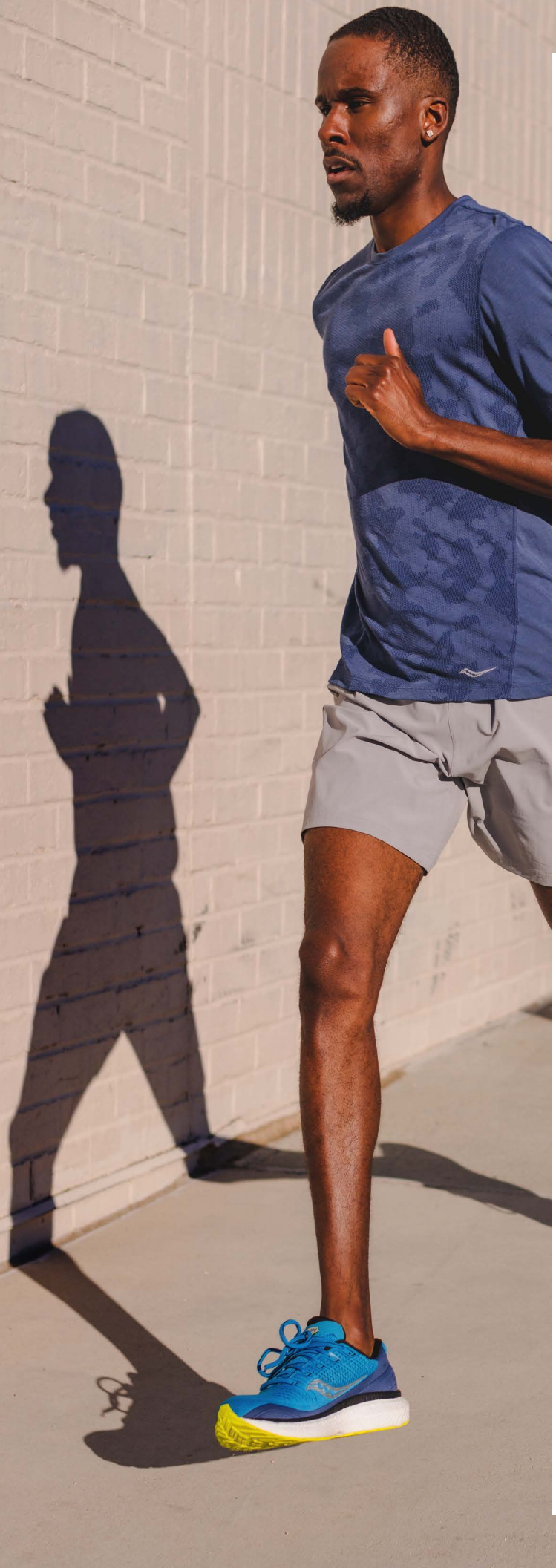


Here are a few things that every runner should plug into their running routine to help improve running economy and efficiency, which leads to reduction in stress and injuries.

A proper warm up is essential in preparing your body for the stress of a workout. Raising body temperature helps “lubricate” your system for the effort ahead. A consistent warm up routine also helps prepare your mind for the battles ahead. There are three simple tools to use before heading out the door: foam rolling, active stretching, and hip mobility. Running can be a hard activity on the best of days. It beats up joints, ligaments and muscles. Be mindful that poor preparation leads to underperformance and injury, so be kind to your body and give it a little TLC!

FOAM ROLLING

Try to start every run with 5-10 minutes of foam rolling. Foam rolling creates heat and friction, which in turn helps your body’s connective tissue, or fascia, move better. At $15, it is also the cheapest massage you’ll ever get! Work thru all the major muscle groups with long sweeping motions from one joint to the next. Place emphasis on trigger points, or painful/uncomfortable spots within the muscle. It may be uncomfortable at first, but your body will appreciate the TLC.



ACTIVE STRETCHING

Active stretching refers to holding a muscle on stretch for approximately three seconds, backing off the stretch for brief moment, then easing back a little bit deeper. Repeat that process 10x then shift the stretch to the opposite leg. Special note! There are two primary muscle groups that deserve attention more than others: hip flexors and piriformis. These two muscle groups restrict range of motion more than any other and will make a world of difference in your posture and stride length. A majority of our days are spent sitting, which turns off the hip flexors and puts them in a shortened position. Any underused muscle put into a shortened position becomes tight and weak, the literal opposite of what we want as a runner! Deep in the back of your hip sits the piriformis, who's primary function is hip abduction and external rotation. Like the hip flexors, your stride length will be severely hampered by tight hip flexors. Make sure you spend 2-5 minutes stretching both muscles before you get out of bed and rush out the door.

HIP MOBILITY

The last part of a basic proper warm up is hip mobility drills. These dynamic exercises help improve range of motion of your joints and muscles. Press each exercise to a comfortable limit then back off, repeating 10-15 repetitions. Don't force it! Harder is not better here. Let your body warm up with the drill. Most athletes are not perfectly balanced so be aware of your restrictions, placing emphasis on exercises which will help loosen up the restricted areas.

- Leg swings (forward and lateral)
- Lunges
- Squats
- Quadriped knee circles (or standing while holding onto something)
- Handwalks (or inchworms)

Weekly Workouts

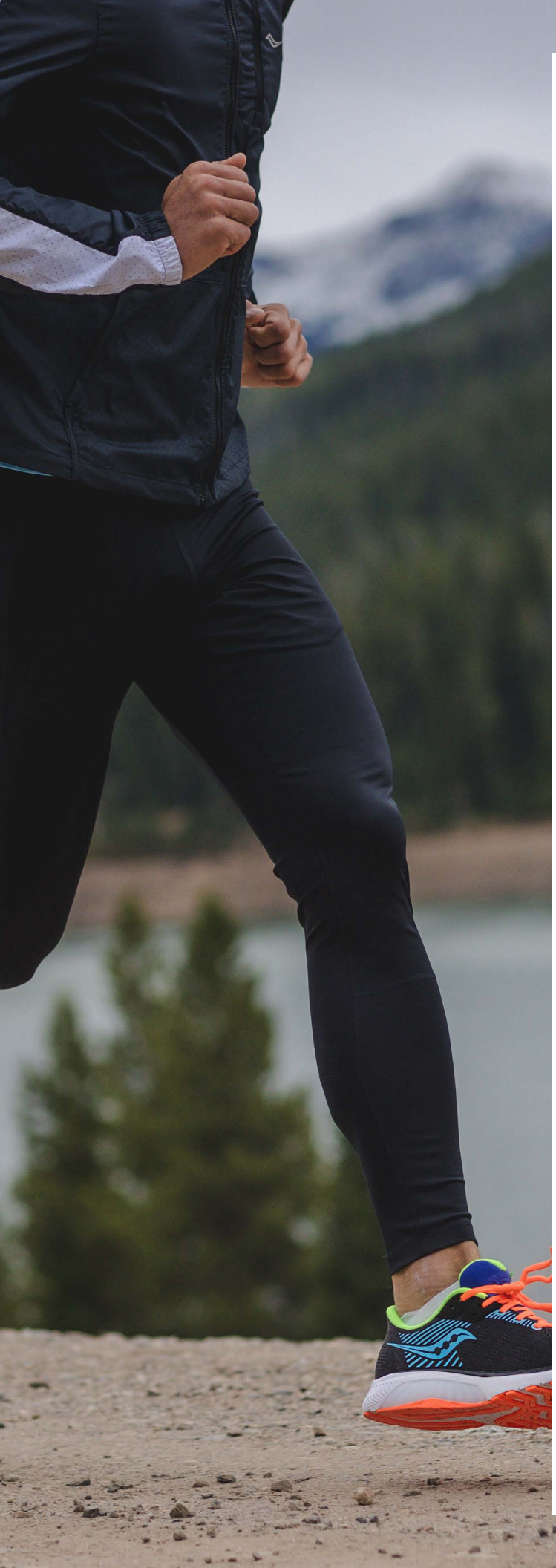
This plan includes six types of workout activities each week. All six are important to get the fittest, strongest and fastest version of you to the finish line.

EASY RUN

This is arguably the most important type of running to learn how to perform correctly. They are meant to build general aerobic endurance, but also help you to recover from harder day efforts. Easy runs make up the biggest percentage of your weekly running, often accounting for up to 80% of your total weekly volume. The biggest mistake in training is people performing their easy runs too quickly. Many people think that because running is a hard sport, all running should be hard on you. But, try to be conservative and feel relaxed during your easy runs. You should be able to hold a short conversation while running easy pace and when you finish you should feel like you could do more. Learn to run your prescribed pace for these runs. Doing so will allow you to run more. And running more at a slower pace is going to help build your aerobic endurance. Easy run pace is where you'll have the most leeway in terms of the actual pace. Of course, much of the time it will depend on the route you run; hilly vs flat. So, it's not all about the exact pace, but the effort. If you start running too fast during your easy runs it's easy to go into that tempo run pace zone. Please don't do that. You will not benefit more from running these training runs faster. In fact, running faster you're less likely to recover between your harder workouts. The harder workouts and long runs are where you will really gain fitness.

STRIDES

These are short 'sprints' of 10-20". Performed in sets of 4 - 10 intervals, with 30-40" of very slow jogging between intervals. They are performed at the end of an easy run. These strides are not an all-out effort. They should start at about 5k race pace for the first one. Each successive interval should be slightly faster. The motto behind these is 'fast and relaxed'. Those two things can go together. Don't strain your face and tense up your body while performing these strides. Instead focus on a smooth-running motion, while still trying to run fast!



TEMPO RUN

The tempo run is an important part of most of your training programs. Technically, tempo runs are done to help increase your Lactate Threshold. In turn they help develop your strength and increase your stamina. You need these components to complete other workouts. Most people go too hard. But, you really don't have to turn yourself inside out when completing these. For most people a tempo run is done at a pace that you could hold for a 60 minute race and that is done at a HR above 80%, usually 85-90%.

FARTLEK

Fartlek is unstructured and alternates between moderate to hard efforts with easy efforts throughout. After a warmup, you play with speed by running at faster efforts for short periods of time (to that tree, to the sign) followed by easy-effort running to recover. The goal is to keep it free-flowing so you're not tied to a watch or a plan, and to run at harder efforts but not a specific pace.

LONG RUN

Whether you're training for the mile or the marathon, or in this case the half marathon, the long run is a crucial component of your training plan. These are most often performed at your usual Easy Run pace. Once in a while they are performed at a slightly faster pace.

REST DAY

These are another important part of your training plan. A rest day means no running. For some of you that might be easy to do, for others it's the most difficult day of the week.

Training Plan

WEEKS 1-4

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	HILLY RUN	EASY	EASY + STRIDES	EASY	LONG RUN	REST DAY
● BEGINNER	20 min	Rest	20 min	Rest	20 min	30 min	Rest
● ● INTERMEDIATE	30 min	45 min	Rest	30 min	25 min	45 min	Rest
● ● ● ADVANCED	40 min	60 min	Rest	40 min	30 min	50 min	Rest

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	POWER RUN	EASY	1000M REPEATS	EASY	LONG RUN	REST DAY
● BEGINNER	20 min	Rest	25 min	Rest	20 min	30 min	Rest
● ● INTERMEDIATE	30 min	3 miles	Rest	6x	30 min	40 min	Rest
● ● ● ADVANCED	40 min	4 miles	Rest	8x	35 min	50 min	Rest

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	2 MILE REPEATS	EASY	FARTLEK	EASY	LONG RUN	REST DAY
● BEGINNER	25 min	Rest	25 min	Rest	20 min	35 min	Rest
● ● INTERMEDIATE	35 min	2-3x	Rest	35 min	30 min	45 min	Rest
● ● ● ADVANCED	45 min	3x	Rest	40 min	35 min	55 min	Rest

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	1000M REPEATS	EASY	1200M REPEATS	EASY	LONG RUN	REST DAY
● BEGINNER	25 min	Rest	30 min	Rest	20 min	35 min	Rest
● ● INTERMEDIATE	35 min	8x	Rest	3x	30 min	45 min	Rest
● ● ● ADVANCED	45 min	10x	Rest	4x	35 min	55 min	Rest

Training Plan

WEEKS 5-8

WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	TEMPO	EASY	400M REPEATS	EASY	LONG RUN	REST DAY
BEGINNER	30 min	Rest	30 min	Rest	20 min	40 min	Rest
INTERMEDIATE	40 min	3 mile	Rest	6x	30 min	50 min	Rest
ADVANCED	50 min	4 mile	Rest	8x	40 min	60 min	Rest

WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	MILE REPEATS	EASY	1200M + 800M	EASY	LONG RUN	REST DAY
BEGINNER	30 min	Rest	30 min	Rest	25 min	40 min	Rest
INTERMEDIATE	40 min	5x	Rest	1-2x	30 min	50 min	Rest
ADVANCED	50 min	6x	Rest	2x	40 min	60 min	Rest

WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	1600M + 400M	EASY	800M REPEATS	EASY	LONG RUN	REST DAY
BEGINNER	30 min	Rest	25 min	Rest	25 min	40 min	Rest
INTERMEDIATE	45 min	2-3x	Rest	4-6x	30 min	55 min	Rest
ADVANCED	55 min	3x	Rest	6-8x	40 min	65 min	Rest

WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	MILE BREAKDOWN	EASY	800M + 400M	EASY	RACE	REST DAY
BEGINNER	20 min	Rest	20 min	Rest	15 min	Race!	
INTERMEDIATE	30 min	1x	Rest	1x	15 min	Race!	
ADVANCED	40 min	1x	Rest	1x	15 min	Race!	

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