

BLACKTOE
RUNNING INC.

x

TOR  **10K**
W A T E R F R O N T

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!

LET'S GO



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 / APR 25 - MAY 1

MON	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!
TUES	REST UP!	
WEDS	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.
THURS	REST UP!	
FRI	REST UP!	Challenge: turn a rest day into an active recovery day by cross-training or going for a long walk.
SAT	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.
SUN	REST UP!	

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're an important part of injury prevention.

**LIVE.
LOVE.
RUN.**

WEEK 2 / MAY 2 - MAY 8

MON	15-20 MIN EASY	
TUES	REST UP!	
WEDS	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!
THURS	REST UP!	
FRI	REST UP!	
SAT	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.
SUN	REST UP!	

WEEK 2 TIP

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

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WEEK 3 / MAY 9 - MAY 15

MON	20 MIN EASY	
TUES	REST UP!	
WEDS	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."
THURS	REST UP!	
FRI	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!
SAT	30-40 MIN EASY	
SUN	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 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!

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WEEK 4 / MAY 16 - MAY 22

MON	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" is 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.
TUES	REST UP!	
WEDS	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!
THURS	REST UP!	
FRI	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!
SAT	30-40MIN EASY	
SUN	REST UP OR OPTIONAL XT	What's your favourite way to cross train? We're big fans of cycling, swimming, yoga, paddleboarding, and an energetic game of frisbee.

WEEK 4 TIP

You have nothing to gain by running all your mileage at the same pace. Hard efforts should be **HARD** and easy efforts should be **EASY**. There might be more than a 2:00 min/km difference between the two.

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GEAR UP FOR RACE DAY

WOMEN'S RACE SHOES



MEN'S RACE SHOES



INVEST IN RECOVERY



WEEK 5 / MAY 23 - MAY 29

MON	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!
TUES	REST UP!	
WEDS	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.
THURS	REST UP!	
FRI	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!
SAT	40-50 MIN EASY	
SUN	REST UP OR OPTIONAL XT	Challenge: treat yourself to a doughnut or ice cream today. Trust us, it makes you a better runner.

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.

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WEEK 6 / MAY 30 - JUN 5

MON	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.
TUES	REST UP!	
WEDS	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.
THURS	REST UP!	
FRI	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!
SAT	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.
SUN	REST UP OR OPTIONAL XT	

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.

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WEEK 7 / JUN 6 - JUNE 12

MON	30-40 MIN EASY 3-5x 20 SEC STRIDES	
TUES	REST UP!	
WEDS	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.
THURS	REST UP!	
FRI	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!
SAT	60-70 MIN EASY	Keep 'er slow and steady. You can do this.
SUN	REST UP OR OPTIONAL XT	The week before a race, we'd probably suggest focusing on recovery and eating well for this one.

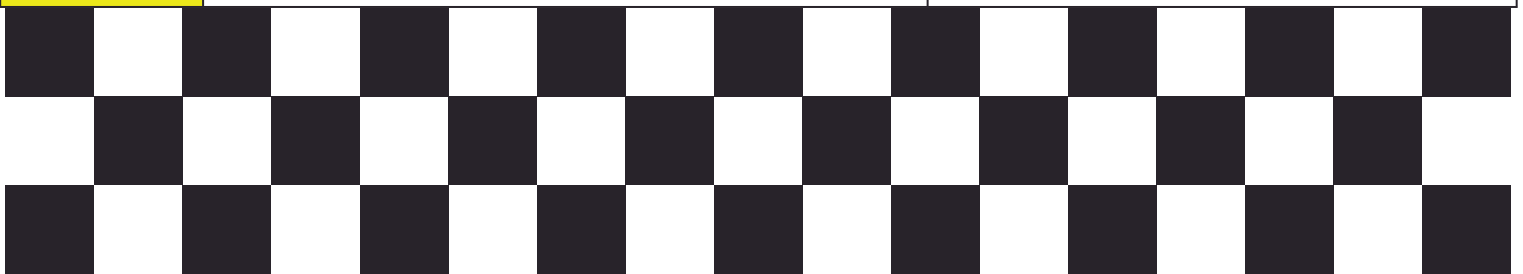
WEEK 7 TIP

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!

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RACE WEEK / JUN 13 - JUN 18

MON	3-5 x 20 SEC STRIDES	The goal is to simply keep the legs turning quickly this week without exhausting your body.
TUES	REST UP!	
WEDS	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.
THURS	REST UP!	
FRI	OPTIONAL 20-30 MIN "SHAKEOUT" RUN	Get oxygen flowing to the muscles and loosen up your legs. Your shakeout should be SLOW.
SAT	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!



RACE WEEK TIP

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

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