

BLACKTOE
RUNNING INC.

x

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

Welcome to your advanced-runner 10K training plan! This program is designed for experienced runners who are looking to improve their speed and chase a shiny new PB. Does that sound like you? We thought so!

As with any training program, it's important to aim for consistency. The workouts build on each other week-to-week and you'll set yourself up for success by hitting each key workout throughout the plan.

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



WEEK 1 / APR 25 - MAY 1

MON	6KM EASY	Easy pace means you should be able to hold a conversation while running!
TUES	2KM WARMUP 40s, 60s, 80s, 90s, 80s, 60s, 40s INTERVALS w/ 50% EASY JOG BETWEEN EACH INTERVAL 2KM COOLDOWN	This type of workout involves 'Fartleks' (yep - go ahead and laugh!) which will help you gain strength and speed over the course of the plan.
WEDS	6KM EASY	
THURS	REST UP!	
FRI	2KM WARMUP 20 MIN @ 10K PACE (TIME TRIAL!) 2KM COOLDOWN	Kick things off with a 20-minute hard effort at what you think your 10 km pace is. This'll give you a baseline of where you're at.
SAT	REST UP!	
SUN	10KM EASY	Long runs increase aerobic endurance, strengthen the musculoskeletal system and build self-confidence.

WEEK 1 TIP

Increases in mileage should be made gradually week-to-week, with no more than a 5 - 10% bump in overall mileage each week. No cheating!

**LIVE.
LOVE.
RUN.**

WEEK 2 / MAY 2 - MAY 8

MON	6KM EASY	Easy runs keep the legs ticking over!
TUES	2KM WARMUP 5-7 x 200M @ 5KM PACE 200M EASY JOG BETWEEN EACH INTERVAL 2KM COOLDOWN	Hey - who Fartlek'd? Oh, it was you!
WEDS	6KM EASY	
THURS	REST UP!	
FRI	2KM WARMUP 5 x 500M @ 10KM PACE 500M EASY JOG BETWEEN EACH INTERVAL 2KM COOLDOWN	This is a longer Fartlek workout. Aim to hit the same pace as your 20-minute hard effort from last Friday.
SAT	REST UP!	
SUN	10KM EASY	Challenge: grab a buddy and make this a social run if you can. The kilometres will fly by.

WEEK 2 TIP

Have you ever trained in a carbon-plated shoe? Carbon technology can significantly help with speed, propelling you forward with less effort. See the experts at [BlackToe Running](#) for carbon shoe recommendations if you need 'em!

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WEEK 3 / MAY 9 - MAY 15

MON	7KM EASY	Recovery runs make you stronger.
TUES	2KM WARMUP 200M @ 5K / 200M E / 400M @ 5K / 400M E / 800M @ 5K / 400M E / 800M @ 5K / 400M E / 400M @ 5K / 400M E / 200M @ 5K (E = EASY) 2KM COOLDOWN	The work increases the closer you get to the top of the pyramid & eases on your way back down. Don't overdo it in the first few - you want to hit a consistent pace during each interval.
WEDS	7KM EASY	
THURS	REST UP!	
FRI	2KM WARMUP 5 x 1KM @ 10KM PACE 2 MIN EASY JOG BETWEEN EACH INTERVAL 2KM COOLDOWN	Aim to hit the same paces for each 1km interval.
SAT	REST UP!	
SUN	12KM EASY	Each week the long run will get gradually longer before coming back down a few weeks prior to race day.

WEEK 3 TIP

Your legs might be feeling sore from the speed work 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	7KM EASY	
TUES	2KM WARMUP 4 x 40 SEC UP HARD - 80 SEC DOWN EASY 2 x 30 SEC UP HARD - 60 SEC DOWN EASY 2KM COOLDOWN	The racecourse is a long, gradual hill, so we're adding your first hill workout. Focus less on pace and more on effort and form for this one.
WEDS	7KM EASY	
THURS	REST UP!	
FRI	2KM WARMUP 4 x 5 MIN @ 10KM PACE 3 MIN EASY JOG BETWEEN EACH INTERVAL 2KM COOLDOWN	This will add up to 20 min of work at 10 km pace. Settle into it and get comfortable.
SAT	REST UP!	
SUN	13KM EASY	Challenge: aim to run about one minute per km slower (at least) than your current 10KM pace. It's harder than it sounds!

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	8KM EASY	Easy runs keep the legs ticking over!
TUES	2KM WARMUP 4-6 x 800M @ 5KM PACE 400M EASY JOG BETWEEN EACH INTERVAL 2KM COOLDOWN	Love 'em or hate 'em, 800 metre repeats are an effective workout. Maximize this effort by taking intervals HARD and recoveries EASY .
WEDS	8KM EASY	Remember that training is cumulative. It takes time and dedication to your training plan to achieve the results you want.
THURS	REST UP!	
FRI	2KM WARMUP 2 x 10 MIN @ 10KM PACE 4 MIN EASY JOG BETWEEN EACH INTERVAL 2KM COOLDOWN	Another session of 20 min @ 10 km pace, but broken up into 2 intervals. This will be a great measure of your improvement so far.
SAT	REST UP!	
SUN	13KM EASY	

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	8KM EASY	
TUES	2KM WARMUP 800M @ 10K - 90 SEC EASY / 1200M @ 10K - 2 MIN EASY / 1600M @ 10K - 2 MIN EASY (@ 10K = CURRENT 10KM PACE) 2KM COOLDOWN	You have different gears! Be patient, pay attention, and have fun experimenting with your comfort level at different speeds across different distances.
WEDS	8KM EASY	
THURS	REST UP!	
FRI	2KM WARMUP 3-4 x 1 MILE @ 10KM PACE 2 MIN EASY JOG BETWEEN EACH INTERVAL 2KM COOLDOWN	
SAT	REST UP!	
SUN	14KM EASY	This is your longest run and will prepare your mind and body to go the distance on race day.

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	7KM EASY	
TUES	2KM WARMUP 6 x 40 SEC UP HARD - 80 SEC DOWN EASY 3 x 30 SEC UP HARD - 60 SEC DOWN EASY 2KM COOLDOWN	Another hill workout, building off of the previous one. Hills make you strong - give in to the pain!
WEDS	7KM EASY	
THURS	REST UP!	
FRI	2KM WARMUP 20 MIN @ 10K PACE - PUSH IT! 2KM COOLDOWN	We're 1 week out from race day and putting it all together by doing the workout from week 1. You should notice improvement. This could mean that you maintained a faster overall pace, are more steady in your pacing, or that it feels more controlled.
SAT	REST UP!	
SUN	10KM EASY	Ahhhh, a taper run. Enjoy a relaxed pace and reduced mileage today.

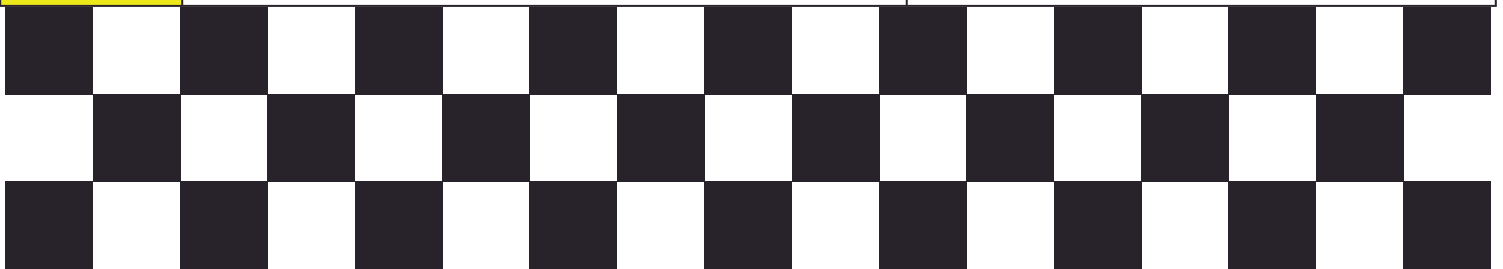
WEEK 7 TIP

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 your upcoming tough effort. Focus on recovery this week and put your feet up.

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RACE WEEK / JUN 13 - JUN 18

MON	6KM EASY	
TUES	2KM WARMUP 4 x 500M @ 5KM PACE 200M EASY JOG BETWEEN EACH INTERVAL 2KM COOLDOWN	There's no need to push the pace - you won't gain or lose fitness this week. Dial into a comfortable 5K pace and focus on feeling controlled.
WEDS	5KM EASY	
THURS	REST UP!	
FRI	30 MIN SHAKEOUT RUN & 3 x STRIDES	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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