

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Notes: Weekends are dedicated to rest unless you choose otherwise.</p> <p>Beginners (B) should have the goal of WALKING the whole 10k. Novice (N) should have the goal of JOGGING most of the 10k with minimal walking. Intermediate (I) should have the goal of RUNNING the whole 10k.</p>						
3 WEEK 1	4- Steady B: Walk/jog 1 mile N: Jog/run 1.5 miles I: Run/jog 2 miles	5- Steady B: Walk/jog 1 mile N: Jog/run 1 mile I: Run/jog 1.5 miles	6 REST	7- Recovery B: Walk 1 mile N: Jog 1.5 miles I: Jog 2 miles	8- Steady B: Walk/jog 1 mile N: Jog/run 1 mile I: Run/jog 2 miles	9
10 WEEK 2	11- Long steady B: Walk/jog 1.5 mile N: Jog/run 2 miles I: Run/jog 3 miles	12- Recovery B: Walk/jog 1 mile N: Jog/run 1 mile I: Run/jog 1.5 miles	13 REST	14- Interval <u>Intensity = 70-90%</u> B: 6 x 100m N: 6 x 100m I: 6 x 100m	15- Steady B: Walk/jog 1 mile N: Jog/run 1 mile I: Run/jog 1.5 miles	16
17 WEEK 3	18- Long steady B: Walk/jog 2 miles N: Jog/run 2.5 miles I: Run/jog 3.5 miles	19- Recovery B: Walk/jog 1.5 mile N: Jog/run 1.5 mile I: Run/jog 2.5 miles	20 REST	21- Interval <u>Intensity = 70-90%</u> B: 6 x 200m N: 6 x 200m I: 6 x 200m	22- Steady B: Walk/jog 1.5 mile N: Jog/run 1.5 mile I: Run/jog 2.5 miles	23
24 WEEK 4	25- Long steady B: Walk/jog 3 miles N: Jog/run 3 miles I: Run/jog 4 miles	26- Recovery B: Walk/jog 2 mile N: Jog/run 2 mile I: Run/jog 3 miles	27 REST	28- Interval <u>Intensity = 70-90%</u> B: 5 x 100m + 200m N: 5 x 100m + 200m I: 5 x 100m + 200m		

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1- Steady B: Walk/jog 2 mile N: Jog/run 2 mile I: Run/jog 3 miles	2
3 WEEK 5	4- Recovery B: Walk/jog 3.5 miles N: Jog/run 3.5 miles I: Run/jog 4.5 miles	5- Recovery B: Walk/jog 2 miles N: Jog/run 2 miles I: Run/jog 3 miles	6 REST	7- Interval <u>Intensity = 40-60%</u> B: 5 x 300m N: 5 x 300m I: 5 x 300m	8- Steady B: Walk/jog 2 miles N: Jog/run 2 miles I: Run/jog 2 miles	9
10 WEEK 6	11- Long steady B: Walk/jog 4 miles N: Jog/run 4.5 miles I: Run/jog 5 miles	12- Recovery B: Walk/jog 2.5 miles N: Jog/run 3 miles I: Run/jog 3.5 miles	13 REST	14- Interval <u>Intensity = 70-90%</u> B: 6 x 100m + 300m N: 6 x 100m + 300m I: 6 x 100m + 300m	15- Steady B: Walk/jog 2.5 miles N: Jog/run 3 miles I: Run/jog 3.5 miles	16
17 WEEK 7	18- Long steady B: Walk/jog 4.5 miles N: Jog/run 4 miles I: Run/jog 5.5 miles	19- Recovery B: Walk/jog 3 miles N: Jog/run 3.5 miles I: Run/jog 4.5 miles	20 REST	21- Interval <u>Intensity = 70-90%</u> B: 10 x 200m N: 10 x 200m I: 10 x 200m	22- Steady B: Walk/jog 3 miles N: Jog/run 3.5 miles I: Run/jog 4.5 miles	23
24 WEEK 8	25- Long steady B: Walk/jog 5 miles N: Jog/run 5 miles I: Run/jog 6 miles	26- B: Walk/jog 3.5 miles N: Jog/run 4 miles I: Run/jog 4.5 miles	27 REST	28- Interval <u>Intensity = 70-90%</u> B: 8 x 400m N: 8 x 400m I: 8 x 400m	29- Steady B: Walk/jog 3.5 miles N: Jog/run 4 miles I: Run/jog 4.5 miles	30

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 31 WEEK 9	1- Long steady B: Walk/jog 4 miles N: Jog/run 4 miles I: Run/jog 4 miles	2- Recovery B: Walk/jog 2 miles N: Jog/run 2 miles I: Run/jog 3 miles	3- REST	4- Interval <i>Intensity = 40-60%</i> B: 5 x 400m N: 5 x 400m I: 5 x 400m	5- Recovery B: Walk/jog 1.5 mile N: Jog/run 1.5 mile I: Run/jog 2.5 miles	6
7 RACE WEEK	8- Steady B: Walk/jog 2 miles N: Jog/run 2 miles I: Run/jog 3 miles	9- Steady B: Walk/jog 1 mile N: Jog/run 1 mile I: Run/jog 2 miles	10- REST	11- Recovery B: Walk/jog 1 mile N: Jog/run 1 mile I: Run/jog 2 miles	12 REST	13 <u>10K!</u>

Each training session should begin with a general warm-up lasting 5-10 minutes. Warm-ups can include a variety of movements such as lunges, leg swings, squats, jogging, butt kickers, high knees, etc. Each training session should conclude with at least 1 minute of stretching for each of the primary muscle groups involved with running (quadriceps, hamstrings, calves, inner & outer thigh, and core). You have flexibility on when you “start” this program. The goal was making Mon-Fri the training week so that availability to equipment was not an issue but feel free to adjust the day of the week you start to work for you. If you are going to be training in other fashions besides walk/running feel free, but make sure that you are walk/running at least 2 times each week. **Use of an elliptical, stepper, or rower is fine but make sure training for the DURATION it would normally take you to complete the distance** (i.e. if it takes you 20 minutes to walk/run 2 miles then you should row for 20 minutes, not 2 miles).

Long steady– This will be the longest distance you are engaging in each week. Our goal during these sessions is to move continuously at as much of a consistent pace as possible with no stoppage. These sessions will help condition your body both aerobically and physically for going a longer distance each week. You should be able to talk for a few sentences before needing to catch your breath.

Steady– This is your time to push yourself a little bit and work at a pace that you can talk for 1-2 sentences before you need to focus on breathing.

Interval– This is where you get faster! Intervals are going to be performed in a WORK then REST fashion. You will WORK by completing the distance shown at an *intensity that is near maximal*. You will then REST by slowing to a walk/jog for a distance that matches your work distance and will repeat for the number of repetitions shown. (I.e. 6 x 100m + 300m: You will perform 6 repetitions of 100m WORK and then 100m REST then 300m WORK followed by 300m REST. This constitutes 1 repetition and should be completed 5 more times. For intervals such as 5 x 400m; perform 400m WORK then 400m REST for 5 repetitions.) **Intervals are easiest to perform on a track to measure out distance. 1 lap= 400m.**

Recovery– This should be the easiest session of the week and although the goal is minimizing stoppage, this should be the lightest intensity session.