Recommended 10K Running Plan

Week	Mon	Tue*	Wed	Thur	Fri	Sat	Sun	*Pacing drill
Week 1 (Mar 30)	Run 2 miles	Run 3 miles	XT or Rest	Run 3 miles	Rest	**Run 3 miles**	60 min. walk or XT	**Pickups x 4**
Week 2 (April 6)	Run 2 miles	Run 3 miles	XT or Rest	Run 3 miles	Rest	**Run 3.5 miles**	60 min. walk or XT	**Finishing Kick Strides x 4**
Week 3 (April 13)	Run 2 miles	Run 3 miles	XT or Rest	Run 3 miles	Rest	**Run 4 miles**	60 min. walk or XT	**Pickups x 5**
Week 4 (April 20)	Run 2.5 miles	Run 3.5 miles	XT or Rest	Run 3.5 miles	Rest	**Run 4.5 miles**	60 min. walk or XT	**Finishing Kick Strides X 5**
Week 5 (April 27)	Run 2.5 miles	Run 3.5 miles	XT or Rest	Run 3.5 miles	Rest	**Run 5 miles**	60 min. walk or XT	**Pickups x 6**
Week 6 (May 4)	Run 2.5 miles	Run 3.5 mile	XT or Rest	Run 3.5 miles	Rest	**Run 5.5 miles**	60 min. walk or XT	**Finishing Kick Strides X 6**
Week 7 (May 11	Run 3 miles	Run 4.5 miles	XT or rest	Run 4.5 miles	Rest	**Run 6 miles**	60 min. walk or XT	**Pickups x 6**
Week 8 (May 18)	Run 3 miles	Run 4.5 miles	XT or Rest	Run 4.5 miles	Rest	**Run 7 miles**	60 min. walk or XT	**Finishing Kick Strides X 6**
Week 9 (May 25)	Run 3 miles	Run 5 miles	XT	Run 4 miles	Rest	**Run 6 miles**	45 min walk or XT	**Finishing Kick Strides x 3**
Week 10 (June 1)	Run 2.5 miles	Run 4 miles	XT	Run 3 miles	Rest	Run 4.5 miles	45 min walk or XT	Pickups x 3
Week 11 (June 1)	Run 2 miles	Run 3 miles	XT	Run 2 miles	Rest	Run 2 miles	45 min walk or XT	10K Race day

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Run / Walk Days- By following the schedule you will be running 4 days a week. <u>Please do a warm up walk and cool down walk of 5 minutes each.</u> This will not only benefit your muscles, but also will add distance (and calories burned!) to your workout. It is important to do all of your "Run" day workouts (shaded in gray). Running 4 times a week will prepare your body for the increase in miles the following week. Each week your runs will increase in length to a final distance of 6.5 miles 2 weeks before your race. This will give you the endurance and mental advantage of doing more than your 10K fun run distance. You will notice that your run / walk interval will increase in minutes running from 4 minutes running with 1 minute walking to 10 minutes running, 30 seconds walking, and finally to running continuously! If you ever feel this is too difficult, try adding a 30 second "extra" walk break in the middle of your run interval or every 10 minutes.

Pacing Drills- This plan includes pacing drills. It is recommended that only those who have been running for 6 months incorporate these into their workout.   Every Tuesday you will incorporate a small amount of pace work to teach your body to run faster with less effort. Below is a description of each drill:

>   **Pickups- After warming up for 10 minutes, increase your running to a pace that is slightly uncomfortable, hold for 1 minute. Run at usual pace for 5 minutes then repeat. Do total number indicated for the week**

>   **Finishing Kick Strides- At the end of your run, find a flat road or parking lot and do a 30 second sprint with one-minute recovery walk. Do total number indicated for the week.**

XT- "Cross Training" Days- A cross training exercise is any non-running activity that improves overall fitness. For example, swimming, cycling, strength training or yoga are all cross training activities. Doing an activity other than running is important to keep your fitness regimen fun and your body injury free.

Sunday Walks- This is a walk day where you will be walking at a comfortable pace. You should be able to walk and talk with a friend for an hour. This is a day to get more time on your feet, get a good work out, but not stress your muscles too much.

Rest- The all important rest day. Each week you need to take a 1 full rest day or 2 days if you are feeling overly fatigued . Rest is just as important to a running program as the running itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to run a little farther the next week. Without recovery days, you will not be able to improve your fitness.