



10K "Advanced Run" Training Program

The 10K "Advanced Run" Training Program is best suited for those who have run 10K races, and have been running at least 4-5 times per week for 45-60 minutes for at least 1 year.

DAY MODE	Monday Run	Tuesday Cross-Train +ST	Wednesday Run	Thursday Cross-Train + ST	Friday Run	Saturday Run	Sunday Rest Day
INTENSITY	Easy Effort	Moderate Effort	Moderate-to-Hard	Moderate Effort	Easy Effort	Conversational Effort	
i-RATE SCALE	6-7	7+	8 - 9	7+	6-7	7+	
HEART RATE	65-75%	70-75%	80-90%	70-75%	65-75%	70-75%	
WEEK 1 April 01, 2012	45 minutes	30-45 minutes Strength Train	Easy 60 minutes <i>*Pick-ups</i>	30-45 minutes Strength Train	40 minutes	60 minutes	Rest
WEEK 2 April 08, 2012	45 minutes	30-45 minutes Strength Train	Easy 60 minutes <i>*Pick-ups</i>	30-45 minutes Strength Train	40 minutes	60 minutes	Rest
WEEK 3 April 15, 2012	45 minutes	30-45 minutes Strength Train	Easy 60 minutes <i>*Pick-ups</i>	30-45 minutes Strength Train	40 minutes	70 minutes	Rest
WEEK 4 April 22, 2012	50 minutes	30-45 minutes Strength Train	<i>*Speed A Workout</i> <i>6 Repeats</i>	30-45 minutes Strength Train	45 minutes	80 minutes	Rest
WEEK 5 April 29, 2012	50 minutes	30-45 minutes Strength Train	<i>*Speed A Workout</i> <i>7 Repeats</i>	30-45 minutes Strength Train	45 minutes	90 minutes	Rest
WEEK 6 May 06, 2012	60 minutes	30-45 minutes Strength Train	<i>*Speed B Workout</i> <i>5 Repeats</i>	30-45 minutes Strength Train	40 minutes	70 minutes	Rest
WEEK 7 May 13, 2012	60 minutes	30-45 minutes Strength Train	<i>*Speed B Workout</i> <i>6 Repeats</i>	30-45 minutes Strength Train	45 minutes	90 minutes	Rest
WEEK 8 May 20, 2012	50 minutes	30-45 minutes Strength Train	<i>*Speed C Workout</i> <i>Repeat 4 times</i>	30-45 minutes Strength Train	45 minutes	80 minutes	Rest
WEEK 9 May 27, 2012	50 minutes	30-45 minutes Strength Train	<i>*Speed C Workout</i> <i>Repeat 5 times</i>	30-45 minutes Strength Train	45 minutes	70 minutes	Rest
WEEK 10 June 03, 2012	40 minutes	Rest	<i>*Speed D Workout</i>	30 minutes	Rest	Hospital Hill Run 10K Race	Rest

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.

i-Rate Scale: A way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10-being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Heart Rate= If you have a heart rate monitor, maintain a range between the prescribed percentages...i.e.65-75% of estimated maximum heart rate.

***Speed "A" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 6-7 times: Run 2 minutes hard at 90-95% heart rate or 9 on I-Rate Scale followed by running 4 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***Speed "B" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5-6 times: Run 3 minutes hard at 90-95% heart rate or 9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the three-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***Speed "C" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 4-5 times: Run 5 minutes comfortably hard TEMPO pace at 85-90% heart rate or 8.5-9 on the i-Rate Scale followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the ten-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***Speed "D" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the Following 5 times: Run one minute hard at 85-90% heart rate or 8-9 on i-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***Pick-ups:** Run the workout at an easy pace and include 6-8 short, 30-60 second "pick-up's" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone. This is NOT at all out gut-wrenching pace, simply one more notch up from where you were running. Keep the pick-up to 30 seconds maximum. Your effort level should be at an i-Rate scale of 8 or heart rate of 80% of maximum.

Hill Training: There are a variety of ways to prepare for the hills on race day. Running a random hill course on the treadmill, hill repeats on one longish hill that takes you at least 30 seconds to climb, running a hilly route in your neighborhood, or even parking lot ramps (be careful). If you are new to hills, start with one hill workout per week on Mondays (or an easy run day) and 4 weeks later add a second hill workout. If you run hills frequently, run your easy run on Mondays and the long run on the weekend on a hilly course. Watch the video How to Make Friends with Hills - to learn how to train and race a hilly course - it's not as hard as you may think!

Cross-Training: Include activities that are non-running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for 5K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Cross-training activities should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%. your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer, or stairmaster] or strength train after running. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with

Flexibility: Include flexibility exercises after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.