



10K Beginning Training Program

The 10K "Run" Training Program is best suited for those who have been running at least 3 times per week for 30-40 minutes for at least 3 months.

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Rest/Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Easy Effort	Moderate Effort	Easy Effort	Conversational Pace	
i-RATE SCALE	6-7	7+	6-7	7+	6-7	6.5 - 7.5	
HEART RATE	65-75%	70-75%	65-75%	70-75%	65-75%	65-75%	
WEEK 1 April 01, 2012	30 minutes	30-40 minutes Strength Train	30 minutes	30-40 minutes Strength Train	Rest	40 minutes	Rest
WEEK 2 April 08, 2012	30 minutes	30-40 minutes Strength Train	30 minutes	30-40 minutes Strength Train	Rest	40 minutes	Rest
WEEK 3 April 15, 2012	30 minutes	30-40 minutes Strength Train	30 minutes	30-40 minutes Strength Train	Rest	45 minutes	Rest
WEEK 4 April 22, 2012	35 minutes	30-40 minutes Strength Train	35 minutes	30-40 minutes Strength Train	Rest	45 minutes	Rest
WEEK 5 April 29, 2012	35 minutes	30-40 minutes Strength Train	35 minutes	30-40 minutes Strength Train	Rest	50 minutes	Rest
WEEK 6 May 06, 2012	35 minutes	30-40 minutes Strength Train	35 minutes	30-40 minutes Strength Train	30 minutes	45 minutes	Rest
WEEK 7 May 13, 2012	40 minutes	30-40 minutes Strength Train	35 minutes	30-40 minutes Strength Train	30 minutes	60 minutes	Rest
WEEK 8 May 20, 2012	40 minutes	30-40 minutes Strength Train	40 minutes	30-40 minutes Strength Train	30 minutes	60 minutes	Rest
WEEK 9 May 27, 2012	40 minutes	30-40 minutes Strength Train	40 minutes	30-40 minutes Strength Train	30 minutes	45 minutes	Rest
WEEK 10 June 03, 2012	35 minutes	30 minutes	30 minutes	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.

Run Workout: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" at an iRate level of 6-7 or if you are using a heart rate monitor at 65-75% of maximum heart rate. Cool-down walking 5 minutes at an easy pace.

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 Wednesdays and 4 weeks later add a second hill workout. If you run hills frequently, run the longer workout on a hilly course as well as Monday's. 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 10K 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%.

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