



## 10K "Run-Walk" Training Program

The 10K "Run-Walk" Training Program is best suited for those who have been run-walking 3-4 times per week, 2-4 miles for at least 4 months or those who have completed the run-walk 5K program or race and want to progress to a longer distance.

DAY MODE INTENSITY i-RATE SCALE HEART RATE	Monday Run-Walk Easy Effort 6-7 65-75%	Tuesday Cross-Train +ST Moderate Effort 7+ 70-75%	Wednesday Run-Walk Easy Effort 6-7 65-75%	Thursday Cross-Train +ST Moderate Effort 7+ 70-75%	Friday Run-Walk or Rest Easy Effort 6-7 65-75%	Saturday Run-Walk Conversational Effort 7+ 70-75%	Sunday Rest Day
<b>WEEK 1</b> April 01, 2012	42 minutes Run 5 min/Walk 1 min Repeat 7 times	30-45 minutes Strength Train	42 minutes Run 5 min/Walk 1 min Repeat 7 times	30-45 minutes Strength Train	Rest	42 minutes Run 5 min/Walk 1 min Repeat 7 times	Rest
<b>WEEK 2</b> April 08, 2012	42 minutes Run 5 min/Walk 1 min Repeat 7 times	30-45 minutes Strength Train	42 minutes Run 5 min/Walk 1 min Repeat 7 times	30-45 minutes Strength Train	Rest	42 minutes Run 5 min/Walk 1 min Repeat 7 times	Rest
<b>WEEK 3</b> April 15, 2012	42 minutes Run 5 min/Walk 1 min Repeat 7 times	30-45 minutes Strength Train	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-45 minutes Strength Train	Rest	48 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest
<b>WEEK 4</b> April 22, 2012	42 minutes Run 6 min/Walk 1 min Repeat 6 times	30-45 minutes Strength Train	49 minutes Run 6 min/Walk 1 min Repeat 7 times	30-45 minutes Strength Train	36 minutes Run 5 min/Walk 1 min Repeat 6 times	49 minutes Run 6 min/Walk 1 min Repeat 7 times	Rest
<b>WEEK 5</b> April 29, 2012	42 minutes Run 6 min/Walk 1 min Repeat 6 times	30-45 minutes Strength Train	49 minutes Run 6 min/Walk 1 min Repeat 7 times	30-45 minutes Strength Train	36 minutes Run 5 min/Walk 1 min Repeat 6 times	56 minutes Run 6 min/Walk 1 min Repeat 8 times	Rest
<b>WEEK 6</b> May 06, 2012	49 minutes Run 6 min/Walk 1 min Repeat 7 times	30-45 minutes Strength Train	48 minutes Run 7 min/Walk 1 min Repeat 6 times	30-45 minutes Strength Train	36 minutes Run 5 min/Walk 1 min Repeat 6 times	56 minutes Run 6 min/Walk 1 min Repeat 8 times	Rest
<b>WEEK 7</b> May 13, 2012	48 minutes Run 7 min/Walk 1 min Repeat 6 times	30-45 minutes Strength Train	48 minutes Run 7 min/Walk 1 min Repeat 6 times	30-45 minutes Strength Train	36 minutes Run 5 min/Walk 1 min Repeat 6 times	56 minutes Run 7 min/Walk 1 min Repeat 7 times	Rest
<b>WEEK 8</b> May 20, 2012	48 minutes Run 7 min/Walk 1 min Repeat 6 times	30-45 minutes Strength Train	45 minutes Run 8 min/Walk 1 min Repeat 5 times	30-45 minutes Strength Train	36 minutes Run 5 min/Walk 1 min Repeat 6 times	64 minutes Run 7 min/Walk 1 min Repeat 8 times	Rest
<b>WEEK 9</b> May 27, 2012	45 minutes Run 8 min/Walk 1 min Repeat 5 times	30-45 minutes Strength Train	45 minutes Run 8 min/Walk 1 min Repeat 5 times	30-45 minutes Strength Train	36 minutes Run 5 min/Walk 1 min Repeat 6 times	54 minutes Run 8 min/Walk 1 min Repeat 6 times	Rest
<b>WEEK 10</b> June 03, 2012	45 minutes Run 8 min/Walk 1 min Repeat 5 times	Rest	36 minutes Run 8 min/Walk 1 min Repeat 4 times	30 minutes	Rest	<b>Hospital Hill Run 10K Walk one minute at every mile in the race</b>	Rest

## SCHEDULE KEY

**Warm-up:** walking 5 minutes at an easy pace prior to every run-walk 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-walk 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-Walk Workout:** Warm-up 5 minutes walking briskly. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 5 minutes - Walk 1 minutes - repeat sequence 5 times for a total of 30 minutes. 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 and running,include one hill workout per week on Mondays. If you run-walk on hills frequently, run-walk the longer workout on a hilly course as well. 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! A great way to train and race for a run-walker is to power walk the uphill and run the downhill. You'll pass people and they'll wonder what your secret is...

**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.

**Strength-Training (ST):** Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for 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 this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer, perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

**Conversational Pace=** Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or i-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.