

HOSPITAL HILL RUN TRAINING SCHEDULE

10 Kilometer Training Schedule - Run/Walk

This training schedule is designed for those athletes who are new to running and have not been involved in regular athletic endeavors for at least the previous 6 months. If you are beginning an exercise program and have not run regularly during that time, this program is for you.

You should follow this training program if your average weekly mileage is less than 15 miles per week or if you are unable to run at least 3 miles continuously and consistently.

If your average weekly mileage during the last 6 months has not been greater than 10 miles per week, or your long run has been less than 3 miles, follow the (A) time periods for all training runs.

If your average weekly mileage during the last 6 months has averaged between 10 and 15 miles per week, and you are comfortably able to run continuously for at least 3 miles at a time, follow the (B) time periods for all training runs.

To read the workout key: All workouts are timed based.

For example, in the first week the workout for Monday reads 30 - 36 minutes.

Those following the (A) schedule would run-walk for 30 minutes, while those following the (B) schedule would run-walk for 36 minutes. Beneath the time intervals is a parenthetical reference to mileage. These are inserted for the benefit of those of you who run/walk at a pace per mile faster than 10 minutes. The distance listed is the maximum distance to run/walk within the time intervals. For example, under Monday in Week 1, you would run/walk for either 30 - 36 minutes (6 run/walk segments) or 3 miles, whichever comes first.

To read the time key, the number to the left of the "/" indicates the length of time (in minutes) to run, while the number to the right of the "/" indicates the length of time (in minutes) to walk. So, for example, the (A) workout for the first week of the training schedule reads 3/2 indicating you should run for 3 minutes, walk for 2, while the (B) workout for the first week of the training schedule reads 4/2 indicating you should run for 4 minutes, walk for 2.

The goal of athletes following either of these training programs is to complete a 10 Kilometer (6.2 Mile) Race.



<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> (Cross Train)	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	40-48 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	April 18, 2010
2	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 Minutes	45-54 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	50-60 Minutes (5 Miles) (A) 3/2 (B) 4/2	Rest	April 25, 2010
3	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 Minutes	45-54 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	50-60 Minutes (6 Miles) (A) 3/2 (B) 4/2	Rest	May 2, 2010
4	50 - 60 Minutes (5 Miles) (A) 3/2 (B) 4/2	35 Minutes	45-54 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	60-72 Minutes (7 Miles) (A) 3/2 (B) 4/2	Rest	May 9, 2010
5	50 - 60 Minutes (5 Miles) (A) 3/2 (B) 4/2	30 Minutes	45-54 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	65-78 Minutes (7 Miles) (A) 3/2 (B) 4/2	Rest	May 16, 2010
6	50 - 60 Minutes (5 Miles) (A) 3/2 (B) 4/2	30 Minutes	45-54 Minutes (4 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	70-84 Minutes (7 Miles) (A) 3/2 (B) 4/2	Rest	May 23, 2010
7	50 - 60 Minutes (5 Miles) (A) 3/2 (B) 4/2	30 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	50 - 60 Minutes (5 Miles) (A) 3/2 (B) 4/2	Rest	May 30, 2010
8	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	Rest	6.2 Miles RACE DAY! Run/Walk (A) 3/2 (B) 4/2	Rest	June 6, 2010