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10K ADVANCED RUN TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Moderate-to-Hard	Moderate Effort	Easy Effort	Conversational Pace	
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	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout A	30-45 minutes Strength Train	45 minutes	70 minutes Conversational Effort	Rest
WEEK 2	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout A	30-45 minutes Strength Train	45 minutes	75 minutes Conversational Effort	Rest
WEEK 3	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout A	30-45 minutes Strength Train	45 minutes	80 minutes Conversational Effort	Rest
WEEK 4	50 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout B	30-45 minutes Strength Train	45 minutes	70 minutes Race Simulation Workout	Rest
WEEK 5	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout B	30-45 minutes Strength Train	45 minutes	90 minutes Conversational Effort	Rest
WEEK 6	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout C	30-45 minutes Strength Train	45 minutes	70 minutes Race Simulation Workout	Rest
WEEK 7	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout C	30-45 minutes Strength Train	45 minutes	90 minutes Conversational Effort	Rest
WEEK 8	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout D	30-45 minutes Strength Train	45 minutes	80 minutes Race Simulation Workout	Rest
WEEK 9	60 minutes *Pick-ups	30-45 minutes Strength Train	*Speed Workout D	30-45 minutes Strength Train	45 minutes	70 minutes Conversational Effort	Rest
WEEK 10	40 minutes *Pick-ups	Rest	30 minutes Easy Effort	Rest	30 minutes *Pick-ups	20 minutes Conversational Effort	**10K Race**

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.

*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.

*Race Simulation Workout: Break the workout time (50-60 minutes) into three equal sections - run the first part at an easy effort, the second part at a moderate effort where you can hear your breathing but not reaching for air - and the third part at a hard, but controlled effort. This workout teaches you how to pace yourself on race day and develops physical and mental stamina to run stronger for longer.

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 activites should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%.

Strength-Training (ST): Strength train with machines, weights, resitance 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, controled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetions. 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.

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

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 dehyration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

Easy Pace: Easy to moderate pace at 65-75% of maximum heart rate or an iRate level of 6-7. A pace you could go at for along time easily.

Moderate Pace: Moderate pace at 70-80% of maximum heart rate or an iRate level of 7+. A pace where you can hear your breathing, but not breathing hard.

*Speed "A" Workout: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 8 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 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 5 times: Run 5 minutes comfortably hard TEMPO pace at 85-90% heart rate or 8.5-9 on the i-Rate Scale follwed 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.