

45-min. 10 km RUNNING SCHEDULE

Goal: to run 4:30 min/km, or 7:15/mile on race day

Week		Mon	Tue	Wed	Thu	Fri	Sat	Sun		Total Distance
		Rest	Speed day	Moderate	Easy	Rest	Easy fartlek	Long		
1	Km	rest	7	5	5	rest	5	10	Km	32
	Mi		4	3	3		3	6	Mi	19
2	Km	rest	7	7	5	rest	5	11	Km	35
	Mi		4	4	3		3	7	Mi	21
3	Km	rest	8	7	5	rest	5	13	Km	38
	Mi		5	4	3		3	8	Mi	23
4	Km	rest	8	8	5	rest	5	15	Km	41
	Mi		5	5	3		3	9	Mi	25
5	Km	rest	8	8	6	rest	5	13	Km	40
	Mi		5	5	4		3	8	Mi	25
6	Km	rest	8	10	7	rest	5	16	Km	46
	Mi		5	6	4.5		3	10	Mi	28.5
7	Km	rest	8	10	7	rest	5	19	Km	49
	Mi		5	6	4.5		3	12	Mi	30.5
8	Km	rest	8	10	7	rest	5	15	Km	45
	Mi		5	6	4.5		3	9	Mi	27.5

Notes:

- Schedule is flexible... move workouts to different days when you need to. Example: switch Sunday and Saturday workouts.
- The focus is on your long run and increasing your pace. Never put a speed day and long run back to back.
- Always run the first 5-minutes of each run at an easy jog to warm up, or 10 if you hear joints creaking.
- As you do any workout, jot down on the chart above either the actual time you were out, or distance if you know it.
Keeping track of workouts done gives you a record of just how far you've come and becomes a motivator in itself.
- Always consult a medical doctor before engaging in any rigorous exercise activity.

PACING

- The SPEED day is required once a week. Start speed in week 1.
 - In weeks 1-2 do a '**tempo**' run... start with a 10-min. easy jog, then increase pace so that speaking is a bit labored; continue to end of distance
 - In weeks 3-5 you do **hills**... Find a hill approximately 200-250 meters long, with a moderate incline (not too steep).
In week 3, jog to warm up, arrive at hill. Do 4 repeats of the hill: go up hard (about 45 sec.), down easy; total of 4X.
In week 4, jog to warm up, arrive at hill. Do 6 repeats of the hill: go up hard (about 45 sec.), down easy; total of 6X.
In week 5, jog to warm up, arrive at hill. Do 8 repeats of the hill: go up hard (about 45 sec.), down easy; total of 8X.
Always do a 10-15 min. warmup run to hill, stretch prior to hills and after them, and 10+ min. cool down run after.
 - In weeks 6-8 you do '**intervals**' (speed followed by a rest break) at a track or site where you know distance...
Do a 10-15 min. warmup to a track or workout site... stretch, do warmup sprint (plus cool down jog after workout)
In week 6, run 800 meters in 3:25, take a 2 min. recovery break, repeat 3 more times.
In week 7, run 600 meters in 2:35, take a 1:30 min. recovery break, repeat 5 more times.
In week 8, run 400 meters in 1:45, take a 1 min. recovery break, repeat 7 more times.
- Moderate Runs: this is a pace during which you can run comfortably and chat (even to yourself!);
Your pace should be in the **4:55 to 5:25 per KM** range depending on your speed.... OR
Your pace should be in the **8:00 to 8:10 per MILE** range depending on your speed.
For a bit more intensity some weeks, aim to run the second half of your moderate run 2-3 minutes faster than your first half.
- The LONG RUN is your most important run of the week. If you have to miss a long run, swap it for another run that week.
Your pace should be in the **5:30 to 5:45 per KM** range depending on your speed.... OR
Your pace should be in the **9:00 to 9:20 per MILE** range depending on your speed.
- EASY runs are just that. No speed like you're used to, just a pace that lets you talk easily.
EASY FARTLEK means do a 10 min. warmup, go hard for 1 min., slow for 1 min., repeat for rest of run.
- CROSSTRAINING includes cycling, swimming, in-line skating, hiking, walking, aerobics, etc. This is an optional workout but makes for a great change of 'pace' and complementary strengthening. If you want to get into it gradually, do it on alternate weeks. Crosstrain on an moderate or EASY day, even on a REST day.
- ALWAYS have a minimum of 1 REST DAY per week.
- If you want just 4 run days per week, drop the Sat. run. or alternate removing Sat. with Wed. runs.