

10K

TRAINING PLAN | BEGINNER



	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1 August 17-23	3-Mile Easy Run + 6 x 20 Sec Strides w/ 60 Sec Rest/ Walk	3-Mile Easy Run/ 30 Min Cross Training	30 Min Cross Training	3-Mile Easy Run	30-60 Min Cross Training	5K Time Trial (All Out) w/ 1-Mile Warm Up & 1-Mile Cool Down	Easy Cross Training or Rest Day
Week 2 August 24-30	15-20 Min Hill Run/ 6x2 Min Treadmill (4-5 Incline) Easy Pace	3-Mile Easy Run/ 30 Min Cross Training	30-45 Min Cross Training	3-4-Mile Easy Run	30-60 Min Cross Training	4-Mile Easy Run	Easy Cross Training or Rest Day
Week 3 August 31-September 6	3-4-Mile Easy Run + 6-8 x 20 Sec Strides w/ 60 Sec Rest/ Walk	3-Mile Easy Run/ 30 Min Cross Training	30-60 Min Cross Training	4-Mile Easy Run	30-60 Min Cross Training	4-Mile Easy Run	Easy Cross Training or Rest Day
Week 4 September 7-13	Speed Work 6 x 1 Min at 1-Mile Pace w/ 1 Min Walk (3-4-Miles Total)	3-Mile Easy Run/ 30 Min Cross Training	30-60 Min Cross Training	3-Mile Progress-ion	30-60 Min Cross Training	5-Mile Easy Run	Easy Cross Training or Rest Day
Week 5 September 14-20	Speed Work 6 x 90 Sec at 1-Mile Pace w/ 1 Min Walk (3-4 Miles Total)	3-Mile Easy Run/ 30 Min Cross Training	30-60 Min Cross Training	4-Mile Easy Run	30-60 Min Cross Training	5-Mile Easy Run	Easy Cross Training or Rest Day
Week 6 September 21-27	Speed Work 6 x 120 Sec at 1 Mile Pace w/ 90 Sec Walk (3-4 Miles Total)	3-Mile Easy Run/ 30 Min Cross Training	30-60 Min Cross Training	4-Mile Progress-ion	30-60 Min Cross Training	5-Mile Easy Run	Easy Cross Training or Rest Day

Plan created by: **LIFETIME** COACH MIKE THOMPSON @FASTANDFITMIKE

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	MON	TUE	WED	THU	FRI	SAT	SUN
Week 7 September 28-October 4	4-Mile Easy Run	3-Mile Easy Run/ 30 Min Cross Training	30-60 Min Cross Training	8 x 2 Race Pace w/ 60-90 Sec Jog Recovery (5-Miles Total)	30-60 Min Cross Training	5-6-Mile Easy Run	Easy Cross Training or Rest Day
Week 8 October 5-11	Track 6 x 400 Meters at 5K Pace w/ 90 Sec Rest(4-5 Miles Total)	3-Mile Easy Run/ 30 Min Cross Training	30-60 Min Cross Training	2 x 10 Race Pace w/ 120 Sec Jog Recovery (5-Miles Total)	30-60 Min Cross Training	5-6-Mile Easy Run	Easy Cross Training or Rest Day
Week 9 October 12-18	Track 6 x 800 Meters at 5K Pace w/ 120 Sec Rest(4-5 Miles Total)	3-Mile Easy Run/ 30 Min Cross Training	30-60 Min Cross Training	6 x 5 Race Pace w/ 90 Sec Jog Recovery (5-Miles Total)	30-60 Min Cross Training	6-7-Mile Easy Run	Easy Cross Training or Rest Day
Week 10 October 19-25	Track 8 x 400 Meters at 5K Pace w/ 90 Sec Rest(4-5 Miles Total)	3-Mile Easy Run/ 30 Min Cross Training	30-60 Min Cross Training	3 x 10 Race Pace w/ 120 Sec Jog Recovery (5-Miles Total)	30-60 Min Cross Training	5-Mile Easy Run w/ Last Mile at 10k Pace	Easy Cross Training or Rest Day
Week 11 October 25-November 1	3-4 Mile Easy Run + 6-8 x 20 Sec Strides w/ 60 Sec Walk	3-Mile Easy Run/ 30 Min Cross Training	30-45 Min Cross Training	5K Time Trial (All Out) w/ 1-Mile Warm Up & 1-Mile Cool Down	30-60 Min Cross Training	4-Mile Easy Run	Easy Cross Training or Rest Day
Week 12 November 2-8	4-Mile Easy Run	3-Mile Easy Run/ 20 Min Cross Training	30 Min Cross Training	4 x 1 Race Pace w/ 60-90 Sec Jog Recovery (5-Miles Total)	30-60 Min Cross Training	Shakeout Run	RACE DAY! Good Luck!

NOTES:



Download the Life Time App for On-Demand Access to Sunday Classes with Life Time Instructors

Walk when you need: *The most important part of the training is to get to the start line healthy. So, don't think you're more tough by running all the training sessions continuously. If you need to walk add them in. Here are some examples. EX #1: Run 3 minutes and walk 1 minute. EX #2: Run 5 minutes and walk 1 minute. EX #3: Run 1 mile and walk 2 minutes. Walks can help give us mini goals to reach along the way to and keep our running form better to prevent injury during training.*

WARM-UPS: *Warm ups should be done prior to every workout for 5-10 minutes. Included in these warm ups are dynamic stretching (walking lunges, knee hugs, etc.) and running drills (marching, a skip, etc.)*

Easy Runs = Conversation pace = *should be able to run while breathing in and out of your nose ONLY. Ideally easy and long runs should be 1.5-3 minutes slower than your 5k pace. Another way to assess with heart rate is 60-70% of max HR. Most accurate way is to get zone 2 HR is a metabolic test (VO2max test) so you get exact heart rate numbers. Either way, start out at the slower end of the pace/HR range for the first couple of minutes/miles.*

Hill Runs: *On these days go out and run hilly terrain at an easy pace or do the treadmill runs as prescribed. These help make quads, glutes, and calves stronger and more resilient Respect these days and be sure to remove your feet from the ground quickly on the way down ("hot feet").*

Cross Training: *Cross Training should be non-impact. Ideally, it's bike, swim, row, or a combination of all of them. Keep the cross-training efforts easy unless otherwise instructed. Reach out to @fastandfitmike for further questions.*