10K TRAINING

The **10K run** is a long-distance road running competition over a distance of ten kilometres. Also referred to as the **10K road race**, or simply **10K**, it is one of the most common types of road running event, alongside the half marathon and marathon.

The popularity of 10K races lies in the fact that, for most adults, the 10K distance is long enough to represent a challenge but short enough to remain accessible for an untrained runner.

10-K Training Guide - **Intermediate** Program

THE SCHEDULE BELOW IS FOR INTERMEDIATE RUNNERS: people who want to improve their performances. What defines an Intermediate runner? You should be running five to six times a week, averaging 15-25 miles weekly training. You probably also should have run a half dozen or more races at distances between the 5-K and the Half-Marathon. With that as background, you now need a somewhat more sophisticated schedule to improve. If that doesn't sound like you, you might be more comfortable using one of my programs designed for novice or advanced runners.

This Intermediate program counts down from Week 1 to Week 8 (race week) for a 10-K race.

Runs: The runs of 3-6 miles on Mondays, Tuesdays and Thursdays are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner, you're running too fast.

Rest: Rest is an important part of your training. Friday is always a day of rest in the Intermediate program. Be realistic about your fatigue level and don't feel guilty if you decide to take an additional day off. Specifically consider scheduling at least one extra rest day during the stepback weeks.

Tempo Runs: A tempo run is a continuous run with a buildup in the middle to near race pace. (never go faster than a 10k race pace.) In this program, tempo runs are scheduled for every other Wednesday, alternating with interval training on the track. A tempo run of 30 to 40 minutes would begin with 10-15 minutes easy running, build to 10-20 minutes near the middle, then 5-10 minutes easy toward the end. You can do this anywhere

Speedwork: If you want to race at a fast pace, you need to train at a fast pace. Interval training where you alternate fast running with jogging or walking is a very effective form of speedwork. The training schedule includes interval training featuring 400-meter reps (repeats) every other week, alternating with the tempo runs. Run the 400s at about the pace you would run in a 5-K race. Walk or jog between each repeat. Although the best venue for speedwork of this sort is on a 400-meter track, these workouts can be done on the road or on trails.

Warm-up: Warming up is important, not only before the race itself, but before your speed workouts. Most beginners do not warm up, except in the race itself. This is okay, because they're more interested in finishing rather than finishing fast. As an Intermediate runner, you have a slightly different goal, so warm up before you run fast. My usual warm-up is to jog a mile, sit down and stretch for 5-10 minutes, then run some easy strides (100 meters at near race pace). And I usually cool down afterwards by doing half of the warm-up.

Stretch & Strengthen: Also important as part of the warm-up is stretching. Don't overlook it--particularly on days when you plan to run fast. Strength training is important too: push-ups, pull-ups, use of free weights or working out with various machines at a fitness club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron..

Cross-Training: On the schedule, this is identified simply as "cross." What form of cross-training works best for runners preparing for a 10-K race? It could be swimming, or cycling, walking, other forms of aerobic training or some combination that could include strength training.

Long Runs: As an experienced runner, you probably already do a long run on the weekends anyway. 4 to 8 miles. Don't get hung up on running these workouts too fast. Run at a comfortable, conversational pace.

This 10-K training schedule is only a guide. Feel free to make minor modifications to suit your work and family schedule.

Training to improve your 10-K time

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	3 m run + strength	3 m run	35 min tempo run	3 m run + strength	Rest	60 min cross	4 m run
2	3 m run + strength	3.5 m run	8 x 400 5-K pace	4 m run + strength	Rest	60 min cross	5 m run
3	3 m run + strength	4 m run	40 min tempo run	3 m run + strength	Rest	60 min cross	6 m run
4	3 m run + strength	4.5 m run	9 x 400 5-K pace	4 m run + strength	2 m run	Rest	**5-K Race**
5	3 m run + strength	5 m run	45 min tempo run	3 m run + strength	Rest	60 min cross	6 m run
6	3 m run + strength	5.5 m run	10 x 400 5-K pace	4 m run + strength	Rest	60 min cross	7 m run
7	3 m run + strength	6 m run	50 min tempo run	4 m run + strength	Rest	60 min cross	8 m run
8	3 m run + strength	3 m run	5 x 400 5-K pace	1-3 m run	Rest	Rest	**10-K Race**

10-K Training Guide - **Advanced** Program

THE SCHEDULE BELOW IS FOR ADVANCED RUNNERS: individuals who compete regularly in races up to 10-K or beyond and who want to improve their performances. You should be capable of running 30 to 60 minutes a day, five to seven days a week and have a basic understanding of how to do speedwork. If that sounds like too much training, and this is your first 10-K race, you might be more comfortable using one of the programs designed for novice or intermediate runners.

The program utilizes a countdown from Week 1 to Week 8 (race week) for a 10-K race. The terms used in the training chart below should be somewhat obvious to a runner of your caliber, but let me explain what I mean.

Runs: The runs of 3-6 miles on Mondays, Thursdays and Fridays are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner, you're running too fast.

Rest: Rest is an important part of your training. On Fridays you are offered the option of resting or taking an easy 3-mile run. Be realistic about your fatigue level and don't feel guilty if you decide to take a day off.

Tempo Runs: A tempo run is a continuous run with a buildup in the middle to near 10-K race. In this program, tempo runs are scheduled for Tuesdays. A Tempo Run of 30 to 40 minutes would begin with 10-15 minutes easy running, building to to peak pace for 10-20 minutes near the middle, then 5-10 minutes easy toward the end. The pace buildup should be gradual, not sudden, with peak speed coming about two-thirds into the workout. You can do tempo runs almost anywhere: on the road, on trails or even on a track.

Speedwork: If you want to race at a fast pace, you need to train at a fast pace several days a week. Interval training, where you alternate fast running with jogging or walking, is a very effective form of speedwork. The training schedule begins in Week 1 with a workout of 6 x 400 meters and peaks in Week 7 with 12 x 400 meters. Run the 400s at about the pace you would run in a mile or 1500 race. Walk or jog between each repeat. Although the best venue for speedwork of this sort is on a 400-meter track, these workouts can be done on the road or on trails.

Warm-up: Warming up is important, not only before the race itself, but before your speed workouts above and pace workouts below. Most Novice runners do not warm up, except in the race itself. This is okay, because they're more interested in finishing rather than finishing fast. As an advanced runner, you have a different goal, otherwise you wouldn't be using this program, so warm up before you run fast..

Stretch & Strengthen: Also important as part of the warm-up is stretching. Don't overlook it--particularly on days when you plan to run fast. And on some of the easy days (such as Mondays and Thursdays), you might want to extend your stretching beyond what is normally needed for a warm-up. Strength training is important too: push-ups, pull-ups, use of free weights or working out with various machines at a Health Club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron.

Race. If you can't find races at those exact distances in your area, use whatever convenient races are available. Juggle days and weeks if necessary. And if that doesn't work, you can always do a time trial at the suggested distance, although I always find it hard to motivate myself to run my fastest in practice. Don't be discouraged if your times are a bit slow, either in a time trial or a test race.

Long Runs: As an experienced runner, you probably already do a long run of around 60-90 minutes on the weekends anyway. The schedule suggests a slight increase in distance as you get closer to race date: from 6 to 10 miles. Don't get hung up on running these workouts too fast. Run at a comfortable, conversational pace,.You should finshed feeling good not fatigued

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Training for a peak 10-K performance

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	3 m run + strength	30 min tempo run	6 x 400 mile pace	3 m run + strength	Rest or 3 m	5 m total, 2 pace	6 m run
2	3 m run + strength	40 min tempo run	7 x 400 mile pace	4 m run + strength	Rest or 3 m	5 m total, 2 pace	7 m run
3	3 m run + strength	50 min tempo run	8 x 400 mile pace	5 m run + strength	Rest or 3 m	5 m total, 3 pace	8 m run (3/1)
4	3 m run + strength	30 min tempo run	9 x 400 mile pace	3 m run + strength	Rest or 3 m	Rest	**5-K Race**
5	3 m run + strength	50 min tempo run	10 x 400 mile pace	6 m run + strength	Rest or 3 m	6 m total, 3 pace	8 m run (3/1)
6	3 m run + strength	30 min tempo run	11 x 400 mile pace	3 m run + strength	Rest or 3 m	Rest	**8-K Race**
7	3 m run + strength	60 min tempo run	12 x 400 mile pace	6 m run + strength	Rest or 3 m	6 m total, 3 pace	10 m run (3/1)
8	3 m run + strength	30 min tempo run	6 x 400 mile pace	3 m run	Rest or 1-3 m	Rest	**10-K Race**