

## Sample 10K Training Program



Your longest run of the week should be 2-3 times the length of the race you're training for, and should constitute 25-30% of your weekly mileage. So, if you're training for a 10K (6.21 miles), your week's long run should be 13-18 miles, which should be about 1/4 of your weekly mileage (which thus would be 50-70 miles). The pace should be sufficiently slow that you can easily talk to a training partner.



One run each week should be made up of intervals, which you can do on a track (boring, tears down leg muscles) or a hill (not boring, builds up leg muscles). The total mileage run at high speed should be 5-10% of weekly mileage. So, continuing the case above, you'd want to run 3-6 miles up hills. These are done in intervals (get it?) of 220-660 yards, with a recovery jog of the same distance between. That's another reason that hills are superior - run up the hill, jog down to recover!



One weekly run should be a "tempo run", or run just under race pace; the distance should be 50-70% of the race distance in this case, 4-5 miles). The goal is to train you to feel what this target pace feels like. It's not done at race pace because being in a race - just that - is worth about 30 sec/mile. In other words, how you feel running a mile in 6:00 minutes on the track or a trail is about how you'll feel running 5:30 in a race. Adrenaline is worth a lot of effort!



Your other runs should be easy, and of sufficient length to give you the needed mileage. If you find the number of long runs is making you feel chronically tired, try a couple of "two-a-days". Instead of a 9M some evening, do a quick 4M in the morning, followed by a 5M that evening. You'll be amazed at how rested you feel, while getting in the same mileage!



One day/week **MUST** be a rest from running (if you're over 50, make it two days). If you just can't bear not to do *something*, you can weight train, ride a bike, play tennis - anything that neither looks nor feels like running.



On one day during each week (your day off is best), get a good sports massage. It not only feels great and relieves tension; it speeds recovery by helping muscle cells flush waste products. Speaking of which, if the therapist doesn't mention it, be sure to drink a lot of water for a few hours after a massage.