

**10k Training Plan**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1 | Lift 3 | 1.5 miles easy | Lift 4 | 1.5 miles easy | 15-20 minutes cardio | 2 miles | XTrain or rest |
| 2 | Lift 3 | 1.5 miles easy | Lift 4 | 1.5 miles easy | 15-20 minutes cardio | 3 miles | XTrain or rest |
| 3 | Lift 1 | 2 miles easy | Lift 2 | 2 miles with hills  | 15-20 minutes cardio | 2 miles/Peakwood and Pancakes | XTrain or rest |
| 4 | Lift 1 | 2-3 miles | Lift 2 | 2 miles | 15-20 minutes cardio | 3.5 miles/ On Demo | XTrain or Rest |
| 5 | Lift 1 | 2-3 miles easy | Lift 2 | 3 miles with hills | 15-20 minutes cardio | 3 miles | XTrain or Rest |
| 6 | Lift 1 | 3 miles (1 mile WU, 1 mile tempo, 1 mile CD) | Lift 4 | 3 miles  | 20-30 minutes cardio | 4 miles/Joggin for Noggin 5K | XTrain or Rest |
| 7 | Lift 3 | 4 miles (1 mile WU, 1 mile tempo, 2 miles easy) | Lift 4 | 3 miles with hills | 20-30 minutes cardio | 4.5 miles/Backpack 5K/10K | XTrain or Rest |
| 8 | Lift 3 | 3 miles (1 mile WU, 1 mile tempo, 1 mile CD) | Lift 4 | 3 miles | 20-30 minutes cardio | 5 miles/ Tough Cookie 5K | XTrain or Rest |
| 9 | Lift 3 | 4 miles (1 mile WU, 1 mile tempo, 2 miles easy) | Lift 4 | 3 miles with hills | 30 minutes cardio | 2.5 miles fast finish | XTrain or Rest |
| 10 | Lift 3 | 2.5 miles  | Lift 4 | 4 miles with hills | 30 minutes cardio | 3.5 miles EASY | XTrain or rest  |
| 11 | Lift 3 | 3 miles  | Lift 4 | 3 miles with hills | 20 minutes cardio | 3.5 miles fast finish | XTrain or rest |
| 12 | Rest | 1 mile walk-run | 15-20 minutes cardio | Rest | Rest | RACE DAY |  |

WU= Warm –Up, easy pace

CD= Cool Down, easy pace, walk if needed

Tempo= pace should be challenging, not able to carry on conversation

Fast Finish= try to end your run faster than you started

XTrain= something other than running that is still physical activity: hiking, biking, swimming, light strength training, yoga, etc.

**Training Meetups:**

**Mondays – Starr Hill (6:15pm)**

**Fridays- Chris’s Coffee & Custard (8:30am)**

**Saturdays- RunAbout (8:00am)**

**Willing to lead a group in your neck of the woods? Email** **training@runaboutroanoke.com****. All you need is the willingness to welcome other folks to join you and a somewhat consistent schedule. We are happy to add more to the schedule!**