

TIPS FOR TRAINING



CROSS TRAINING

Cross training - like biking, swimming, or the elliptical - at easy to moderate effort for 30 to 40 minutes. Strength training is also very beneficial to get stronger and more injury-resistant. If you're feeling sluggish or sore, take an extra rest day.

TEMPO WORKOUTS

Maintain your race pace for the time allotted in the training plan. Practice makes perfect so the more you run at your race pace the better you will get at maintaining that pace for race day - and not start too fast and run out of gas.

RACE PACE

The best way to set your race pace goal is to see what pace feels comfortable while running. Find a pace where you feel comfortable talking (at least a sentence) and that you can maintain for your run distance.

MONTH 1



MONDAYS AND WEDNESDAYS ARE REST DAYS (OR YOU CAN CROSSTRAIN - CT).
MAKE SURE TO STRETCH ON REST DAYS TOO!

MON

TUES

WEDS

THURS

FRI

SAT

SUN

8 WEEK

10K TRAINING PLAN

WEEK 1

WORKOUT 1
30 MIN CT

WORKOUT 2
1.5 MILE RUN

WORKOUT 3
40 MIN CT

WORKOUT 4
2 MILE RUN

WORKOUT 5
3 MILE RUN

WEEK 2

WORKOUT 1
30 MIN CT

WORKOUT 2
2 MILE RUN

WORKOUT 3
40 MIN CT

WORKOUT 4
2 MILE RUN

WORKOUT 5
3 MILE RUN

MONTH 2



"I AM THE GREATEST, I SAID THAT EVEN BEFORE I KNEW I WAS."
- MUHAMMAD ALI

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 3		WORKOUT 1 35 MIN CT	WORKOUT 2 2.5 MILE RUN	WORKOUT 3 40 MIN CT	WORKOUT 4 2 MILE RUN	WORKOUT 5 4 MILE RUN	
WEEK 4		WORKOUT 1 35 MIN CT	WORKOUT 2 3 MILE RUN	WORKOUT 3 50 MIN CT	WORKOUT 4 2 MILE RUN	WORKOUT 5 4 MILE RUN	
WEEK 5		WORKOUT 1 35 MIN CT	WORKOUT 2 3 MILE RUN	WORKOUT 3 60 MIN CT	WORKOUT 4 3 MILE RUN	WORKOUT 5 4.5 MILE RUN	
WEEK 6		WORKOUT 1 40 MIN CT	WORKOUT 2 3 MILE RUN	WORKOUT 3 60 MIN CT	WORKOUT 4 2 MILE RUN	WORKOUT 5 5 MILE RUN	

MONTH 3



"THERE'S NO SHAME IN FAILING. THE ONLY SHAME IS NOT GIVING THINGS YOUR BEST SHOT." -ROBIN WILLIAMS

SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 7	WORKOUT 1 40 MIN CT	WORKOUT 2 3 MILE RUN	WORKOUT 3 60 MIN CT	WORKOUT 4 2 MILE RUN	WORKOUT 5 5.5 MILE RUN	
WEEK 8	WORKOUT 1 30 MIN CT	WORKOUT 2 3 MILE RUN	WORKOUT 3 60 MIN CT	WORKOUT 4 2 MILE RUN		RACE DAY!

HYDRATION TIP:

Drink lots of water throughout the day, not just race day morning! Generally you should try to drink half your body weight in ounces. Staying hydrated can also help prevent cramping during training runs and on race day.