

# TIPS FOR TRAINING



## RACE PACE

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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.

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## CROSS TRAINING

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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.

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## TEMPO WORKOUTS

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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.

# SEPTEMBER



Parkinson's  
**Champions**

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

MON

TUE

WED

THU

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

# OCTOBER



"WHEN YOU EMBARK FOR STRANGE PLACES, DON'T LEAVE ANY OF YOURSELF SAFELY ON SHORE. HAVE THE NERVE TO GO INTO UNCHARTED TERRITORY." - ALAN ALDA

	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

# NOVEMBER



"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	



## 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.