

BOLDERBOULDER



Intermediate/Advanced 10K Training Plan

(intermediate use lower number, advanced use higher number)

RUN PACING

EZ: Conversational pace (2-3 out of an effort scale of 1-10)

Tempo: Moderate effort (5 out of 10, or about 10 seconds slower per mile than 10K pace)

10K: Goal BB Race pace (about 2 minutes faster per mile than EZ)

5K: About 2 minutes faster per mile than EZ or 10 seconds faster per mile than 10K pace

WARM UP (WU)

10-15 minutes of EZ running, followed by dynamic stretches, butt kicks, high knees, skips and 4 x 20 second Fast Striders (fast accelerations over about 100 yards)

CROSS-TRAINING (XT)

Any aerobic activity (heart and lungs) other than running. Could include biking, swimming, elliptical machine, strong hike or anything else that gets your heart rate up.

COOL DOWN (CD)

10-15 mins of EZ downhill jogging.

Click for more info
(all abilities welcome)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ten Weeks Out	20 MARCH 30-35 min. EZ run	21 Rest	22 45 min. XT	23 30 min. EZ run	24 Rest	25 30-50 min. EZ run	26 30-45 min. XT or Rest
Nine Weeks Out	27 30-40 min. EZ run	28 Hills: WU 6-8 x 1min up hill @85% effort, EZ downhill. CD	29 50 min. XT	30 35 min. EZ run	31 APRIL Rest	1 40-50 min. EZ run	2 30-45 min. XT or Rest
Eight Weeks Out	3 30-40 min. EZ run	4 Intervals: WU 5-7 x 2min @85% effort, jog 2min btw each. CD	5 50 min. XT	6 40 min. EZ run	7 Rest	8 30-45 min. XT or Rest	9 5K Race as test of fitness
Seven Weeks Out	10 35-45 min. EZ run	11 Hills: WU 8-10 x 1min up hill @85% effort, EZ downhill. CD	12 60 min. XT	13 40 min. EZ run	14 Rest	15 45-55 min. EZ run	16 40-60 min. XT or 20 min. EZ run
Six Weeks Out	17 35-45 min. EZ run	18 Intervals: WU 4-6 x 3min up hill @80% effort, EZ downhill. CD	19 60 min. XT	20 Rest	21 30 min. EZ run, + 6x20sec Fast Striders at end	22 50-60 min. EZ run	23 50-70 min. XT or 25 min. EZ run
Five Weeks Out	24 35-45 min. EZ run	25 Hills: WU 8 x up hill alt btw 60-75 sec @85% effort, EZ downhill. CD	26 70 min. XT	27 45 min. EZ run, finish last 10 (Tempo pace)	28 Rest	29 60-70 min. EZ run	30 MAY 50-70 min. XT or 25 min. EZ run
Four Weeks Out	1 40-50 min. EZ run	2 Intervals: WU 5-6 x 1K (10K pace), jog 2min btw each. CD	3 70 min. XT	4 20 min. EZ run, 15min (Tempo pace), 20 min. EZ run	5 Rest	6 70-80 min. EZ run	7 50-70 min. XT or 25 min. EZ run
Three Weeks Out	8 40-50 min. EZ run	9 Hills: WU 6-8 x 2min up hill @85% effort, EZ downhill. CD	10 80 min. XT	11 Rest	12 30 min. EZ run, + 6x20sec Fast Striders at end	13 5K Race as tune up for BB10K	14 35 min. EZ run
Two Weeks Out	15 45-55 min. EZ run	16 Intervals: WU 4 x 5min (10K pace), jog 2min btw each. CD	17 70 min. XT	18 45 min. EZ run, finish last 15min (Tempo pace)	19 Rest	20 80 min. EZ run	21 20 min. EZ run
One Week Out	22 Rest	23 Intervals: WU 1 mile (10K pace), 2min jog, 5x¼ mile (5K pace), jog 1 min btw each. CD	24 45 min. XT	25 40 min. EZ run, + 4x30sec Fast Striders	26 30 min. EZ run	27 Rest	28 25 min. EZ run, + 6x20sec Fast Striders
RACE WEEK!	29 BB10K	30 Rest	31 JUNE Rest	1 30 min. Walk or XT	2 Rest	3 30 min. Walk or XT	4 30 min. EZ run