

10K in 10 Weeks

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|--------------------------|--------|--|-----------|--|--------|----------------------------|
| Week 1 July 9-15 | 4 km | Off | 3-4 km or 20-30 min Steady State | Off | 3-4 km or 20-30 min Steady State | Off | Interval Run 10 x 1 min |
| Week 1 July 16-22 | 5 km | Off | 4-5 km or 30-35 min Steady State | Off | 4-5 km or 30-35 min Steady State | Off | Interval Run 6 x 2 min |
| Week 3 July 23-29 | 6 km | Off | 5 km or 30-35 min Steady State | Off | 20-25 min Progression | Off | Interval Run 4 x 4 min |
| Week 4 July 30-Aug 5 | 7 km | Off | 3 Hills | Off | 4-5 km or 30-35 min Steady State | Off | Interval Run 12 x 1 min |
| Week 5 Aug 6-12 | 8 km | Off | 4 Hills | Off | 25-30 min Progression | Off | Interval Run 8 x 2 min |
| Week 6 Aug 13-19 | 4 km | Off | 4 km or 30 min easy | Off | 30 min easy | Off | 30 min easy |
| Week 7 Aug 20-26 | 8 km | Off | 5 Hills | Off | 25-30 min Progression | Off | Interval Run 6 x 4 min |
| Week 8 Aug 27-Sep 2 | 9 km | Off | 6 Hills | Off | 30-35 min Steady State | Off | Interval Run 10 x 2 min |
| Week 9 Sep 3-9 | 10 km | Off | 7 Hills | Off | 30-35 min Progression | Off | Interval Run 15 x 1 min |
| Week 10 Sep 10-16 | 6 km | Off | 30 min easy | Off | 30 min easy | Off | 20 min shakeout |
| SEP 17 | EPS RACE DAY! | | | | | | |

Sunday **Easy run.** You may use a 10 min run and 1 min walk strategy to cover the distance indicated.

Tuesday **Steady State:** comfortable pace for the distance/time.

Hill workout. 10-15 min warm-up. 1-2 min (or 2-300 m) hills @ 6-8% grade (if using treadmill). 2-3 minute recovery run/walk. Some hills we like to use for training: Cloverdale, Rolland Road, Seminary Hill, Dawson Park, Capilano Park, Walterdale Hill, Louise McKinney.

Thursday **Steady State:** a comfortable pace for the distance/time indicated.

Progression Run. Divide run into thirds so that the first 1/3rd is easy, 2/3rd moderate, 3/3rd hard.

Saturday **Interval Run.** Start and finish with an easy 10-15 min run for warm-up and cool down. Perform the time reps at your Goal 10K pace. 1-2 minute walk/jog recovery.

OFF Non run days can be used for strength training, cross training, stretching/mobility, or rest.