

# 10K in 10 Weeks

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b> July 7-13	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
<b>Week 2</b> July 14-20	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
<b>Week 3</b> July 21-27	6 km	Off	5 km or 30-35 min Steady State	Off	20-25 min Progression	Off	Interval Run 4 x 4 min
<b>Week 4</b> July 27-Aug 3	7 km	Off	3 Hills	Off	4-5 km or 30-35 min Steady State	Off	Interval Run 12 x 1 min
<b>Week 5</b> August 4-10	8 km	Off	4 Hills	Off	25-30 min Progression	Off	Interval Run 8 x 2 min
<b>Week 6</b> August 11-17	4 km	Off	4 km or 30 min easy	Off	30 min easy	Off	30 min easy
<b>Week 7</b> August 18-24	8 km	Off	5 Hills	Off	25-30 min Progression	Off	Interval Run 6 x 4 min
<b>Week 8</b> August 25-Sep 31	9 km	Off	6 Hills	Off	30-35 min Steady State	Off	Interval Run 10 x 2 min
<b>Week 9</b> September 1-7	10 km	Off	7 Hills	Off	30-35 min Progression	Off	Interval Run 15 x 1 min
<b>Week 10</b> September 8-14	6 km	Off	30 min easy	Off	30 min easy	Off	<b>EPS RACE DAY!</b>

**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.