



Beginner/Intermediate 10k training plan- 12-week plan

Starting date- March 2nd

Couple of things to remember as you begin your training program...

- Mix up the places that you run, it will keep you interested and motivated! Running the same route all of the time gets boring and your body will start to acclimate to the same workout every time- we want to mix up your challenges.
- Try to run at roughly the same time each day if possible—running is habit forming!
- Feel free to mix up the days to work with your schedule, but try not to have 2 rest days back to back except where noted on the training schedule.
- We will check in weekly to see how you are doing.
- Smile—it gets better!

Runs: The runs of 3-6 miles on Tuesdays, Wednesdays (and Saturdays) are designed to be done at a comfortable pace. For those who use heart monitors, run between 65 to 75 percent of maximum. In other words, EASY.

Rest: Rest is an important part of your training. Monday (because they tend to be crazy busy already) and Friday are built in as rest days. If you are a more advanced runner, you may want to replace one of these days with an easy 3-4 miles, but always keep at least one rest day/week. Be honest with yourself about your fatigue level and don't feel guilty if you decide to take an additional day off. An extra rest day is scheduled on the two race weekends.

Speedwork: Running fast means training fast. The schedule includes interval training featuring 400-meter reps (repeats) every other week, alternating with tempo runs. Run the 400s at about the pace you would run in a 5K race or just slightly faster. Walk or jog between each repeat. It is best to train on a 400-meter track, but you can also run this workout on the road or on trails, by running hard approximately the length of time you would run 400m on a track.

Tempo Runs: A tempo run is a continuous run with a buildup in the middle to near race pace. Tempo runs are scheduled for every other Wednesday, alternating with interval training on the track. A tempo run of 30 to 40 minutes would begin with 10-15 minutes easy running, followed by 10-20 minutes in the middle at race pace, then 5-10 minutes easy at the end. Gradually build your pace. You can do tempo runs almost anywhere: road, trails, track.

Warm-up: Warming up is important! Starting slowly on your easy runs gives your muscles time to ease into the run. Before your speed workouts, an easy jog of about 5 minutes followed by leg swings should get you prepared. Cool down after speed workouts with a 5 min jog.

Cross-Training: Swimming, cycling, walking, other forms of aerobic training or some combination that could include strength training (best done after easy runs). It's your choice- pick something you enjoy! Cross-training days allow you to use different muscles yet maintain your fitness.

Long Runs: Sunday is long run day. Keep these runs at a comfortable, conversational pace.

Week 1

Monday- Rest
Tuesday- Easy 3 miles or 30 min run
Wednesday- Easy 3 miles or 30 min run
Thursday- 35 min Tempo run
Friday- Rest
Saturday- 60 min cross train or 3 mile/30 min run
Sunday- Easy 4 mile or 40 min run

Week 2

Monday-Rest
Tuesday- Easy 3 mile or 30 min run
Wednesday- Easy 3.5 mile or 35 min run
Thursday- 5 min easy jog, 6 x 400m at 5k w/ 2 min rest between 400s, 5 min easy jog
Friday- Rest
Saturday- 60 min cross train or 3 mile run, 15 pushups (regular or modified), hold plank for 30-60 sec
Sunday- Easy 4.5 mile or 45 min run, 10 lunge jumps (alternate legs)

Week 3

Monday-Rest
Tuesday- Easy 3 mile or 30 min run
Wednesday- Easy 3.5 mile or 35 min run
Thursday-35 min tempo run
Friday- Rest
Saturday- 60 min cross train or 3 mile run, 15 pushups (regular or modified), hold plank for 30-60 sec
Sunday- Easy 5 mile or 50 minute run, 10 lunge jumps (alternate legs)

Week 4

Monday-Rest
Tuesday- Easy 3 mile or 30 min run
Wednesday- Easy 4 mile or 40 min run
Thursday- Easy 5 min jog, 8 x 400m w/ 2 min rest between 400s, 5 min jog
Friday- Rest
Saturday- Rest
Sunday- 5k race or time trial (time your own 5k)

Week 5

Monday-Rest

Tuesday- Easy 3 mile or 30 min run
Wednesday- Easy 4.5 mile or 35 min run
Thursday-40 min tempo run
Friday- Rest
Saturday- 60 min cross train or 3 mile run, 15 pushups (regular or modified), hold plank for 30-60 sec
Sunday- Easy 6 mile or 50 min run, 10 lunge jumps (alternate legs)

Week 6

Monday-Rest
Tuesday- Easy 3 mile or 30 min run
Wednesday- Easy 4.5 mile or 45 min run
Thursday-5 min jog, 10 x 400m w/ 90 sec rest in between 400s, 5 min jog
Friday- Rest
Saturday- 60 min cross train or 4 mile run, 15 pushups (regular or modified), hold plank for 30-60 sec
Sunday- Easy 6 mile or 60 min run, 10 lunge jumps (alternate legs)

Week 7

Monday-Rest
Tuesday- Easy 3 mile or 30 min run
Wednesday- Easy 5 mile or 50 min run
Thursday-50 min tempo run
Friday- Rest
Saturday- 60 min cross train or 4 mile run, 15 pushups (regular or modified), hold plank for 30-60 sec
Sunday- Easy 7 mile or 70 min run, 10 lunge jumps (alternate legs)

Week 8

Monday-Rest
Tuesday- Easy 3 mile or 30 min run
Wednesday- Easy 3.5 mile or 35 min run
Thursday- 5 min jog, 5 x 400m w/ 75 sec rest after each 400, 5 min jog
Friday- Rest
Saturday- 60 min cross train or 3 mile run, 15 pushups (regular or modified), hold plank for 30-60 sec
Sunday- Easy 7 mile or 70 min run, 10 lunge jumps (alternate legs)

Week 9

Monday-Rest
Tuesday- Easy 4 mile or 40 min run
Wednesday- Easy 5 mile or 50 min run
Thursday-50 min tempo run

Friday- Rest

Saturday- 60 min cross train or 5 mile run, 15 pushups (regular or modified), hold plank for 30-60 sec

Sunday- Easy 8 mile or 80 min run, 10 lunge jumps (alternate legs)

Week 10

Monday-Rest

Tuesday- Easy 4 mile or 40 min run

Wednesday- Easy 5 mile or 50 min run

Thursday- 10 min jog, 8 x 400m w/ 60 sec rest between 400s, 10 min jog

Friday- Rest

Saturday- 60 min cross train or 5 mile run, 15 pushups (regular or modified), hold plank for 30-60 sec

Sunday- Easy 8 mile or 80 min run, 10 lunge jumps (alternate legs)

Week 11

Monday-Rest

Tuesday- Easy 3 mile or 30 min run

Wednesday- Easy 5 mile or 50 min run

Thursday-40 min tempo run,

Friday- Rest

Saturday- 60 min cross train or 5 mile run, 15 pushups (regular or modified), hold plank for 30-60 sec

Sunday- Easy 7-8 mile or 70 minute run, 10 lunge jumps (alternate legs)

Week 12

Monday-Rest

Tuesday- Easy 3 mile or 30 min run

Wednesday- Easy 4 mile or 40 minute run

Thursday- 10 min jog, 4 x 400m w/ 60 sec rest between 400s, 15 min jog

Friday- Rest

Saturday- Rest

Sunday- VCM Relay!!



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