

**How much training is required to reach 10K?** *Not as much as you'd think!* If you have a reasonable level of fitness (you've participated in other activities, played a sport in the past, participate in fitness classes, jog/walk) you should have very little problem progressing to this level. It's exciting, moving out of the 5K zone and into the world of distance running (which I consider to be anything in the double digits – 10K and beyond) which is why this program is named just that: **10K & BEYOND...**

The "... " is deliberate! **No**, you don't have to commit to running a Half Marathon at this point, simply to the idea of progressing from wherever you are now towards longer distances. Don't worry, you won't even realize it's happening – just keep an open mind and trust your coaches! We will help you move from 5K towards 10K in these first 6 weeks and then, if you're loving it and you choose to do so (which I know you will be) on towards Half Marathon distance.

**Let's not get ahead of ourselves ...** Right now, you've made the decision to simply start making progress from 5K so you might as well do it right. Following is a 6 week training schedule to help you get to the finish line (there aren't really any 10K races in March which will work out nicely because it will give everyone the opportunity to become **really** comfortable at that distance before the racing season starts in May).

**To begin** this program you should have no major health concerns (or be approved by your Doc), should be in reasonably good shape, and should have done at least some jogging or walking. If running 4K for your first workout seems too daunting, no problem – do some walking or consider switching to the learn to run 5k program. It's a common misconception that runner's never walk so I'll let you in on a **big secret ... we walk!** *Shhhhhh, don't tell anyone.*

My goal for you, during our time together is to help you reach the finish line of whatever distance sparks your interest **injury free** and feeling great about running so it's important to cover all the aspects of a solid training plan. The following are terms you'll come to know well and, though most are obvious, let's review:

**Flexibility/Stretch Workouts** We all know that it's important to stretch but almost no one does it properly, or often enough but **not you**...repeat after me, "I will follow my flexibility program and be diligent about this part of my training because I want to remain injury free throughout my program". You will be provided with a comprehensive flexibility program and I can't stress to you enough how important this is. Not only should you be stretching after every workout, but **everyday**. Improving flexibility will, not only help prevent injury but also make you a more efficient runner!

**Strength Training** I am advising that you complete 2-3 strength workouts per week. Don't panic, you don't need to go to the gym or even leave your house for these workouts and they will take you less than 30minutes! Runners (and everyone else, in my opinion) gain the most benefits from using body weight training so I will be providing a program you can complete at home, at the gym, with your trainer, or in your backyard two or three days a week that are convenient for you.

**Easy Runs** This is simple. Put one foot in front of the other and run at a pace that allows you to converse comfortably with your running partner. It's not about speed during these workouts, simply about putting in the time or distance. I call this "putting money in the bank".

**Training Runs** Tempo, Speedwork, Hills, Fartlek Intervals (the list goes on) are all designed to make you a more efficient, faster, more powerful runner. This should be your most difficult run day of the week and should be done with a group if possible for one simple reason: It's much easier to do tough workouts with partners than it is on your own. There are too many benefits of these types of workouts to list but here are just a few reasons to include this type of training into your program:

- Improve your speed
- Improve your power & agility
- Improve strength (of the muscles **and** ligaments/tendons)
- **Burn** tons of fat (just in case that's one of your goals)
- And my personal favorite ... they make all other workouts seem easier

You won't believe how quickly your easy runs and long runs begin to seem easy once you start incorporating training runs into your week!

**Long Runs (LSD – Long Slow Distance)** The longest run of the week. This is the run that you should be building each week (regardless of what type of program you're completing). It's a "base builder" and the only goal here is time on your feet and miles on your legs. There is no benefit to going fast, these runs should be easy and slow and you should be able to easily carry on a conversation, laugh, sing, tell jokes, etc. These runs are normally completed on the weekend when you typically have more time and whether your training for long distance or not, everyone should try and build toward and 60-90 minute long run. Just a few benefits of LSD runs are:

- Increased capillaries around muscle fibers (more blood vessels = faster recovery, better performance, etc)
- Increased number & size of mitochondria (you can work harder)
- Teaches your body to burn **fat** as fuel (rather than just stored sugar)
- Provides **huge** improvements to your cardiovascular system
- Improves mental toughness (comes in very handy in **many** areas of life)

**Walking** Walking is not only an excellent (and often overlooked) cross training exercise but can (and should) be used during your running workouts as well. Anytime you're tired and need a break, go for it. Nobody cares if you walk a little (many, many runners do it) or even a lot. The important thing is that you reach your goals feeling good, healthy and confident. Take home message: **It's Ok To Walk**

**Cross Training** Another key component to remaining injury free during your training is to incorporate cross training. That is any other aerobic activity and could be swimming, cycling, group fitness classes, rowing, skiing, hiking, snow shoeing, or any other form of cardio. You should choose this based on personal preference and try and try and incorporate it twice a week. Cross training goes a long way toward avoiding muscle imbalance from the repetitive nature of running. The idea is to USE your muscles in other ways besides just running to maintain strength, flexibility, and balance.

**Rest** Rest days are as essential as training days in any program. If you are new to exercise, you may consider taking a complete rest day a week (that means one whole day without exercise) but if you are a regular exerciser I prefer an "active recovery" approach to resting. That means taking it **easy** at least one day per week. A walk, aquatic workout, yoga, easy hike, anything that gets your muscles moving but doesn't create anymore stress on your body. Your rest day will be dictated by your schedule but as a general rule, the day after your training run is a good choice.

The following schedule is only a guide. If necessary, we can modify your program to suit your individual needs and family schedule. Remember, the idea is to have fun, be patient with yourself and find the joy in running.

5K - 10K Training Program							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	45min Training Run	Rest	3.5km Run + Strength	Cross Train	3.5km Run + Strength	Cross Train	4.5km LSD
2	45min Training Run	Rest	3.5km Run + Strength	Cross Train	3.5km Run + Strength	Cross Train	5.5km LSD
3	45min Training Run	Rest	3.5km Run + Strength	Cross Train	4km Run + Strength	Cross Train	7km LSD
4	45min Training Run	Rest	4km Run + Strength	Cross Train	4km Run + Strength	Cross Train	8km LSD
5	45min Training Run	Rest	4km Run + Strength	Cross Train	4.5km Run + Strength	Cross Train	9km LSD
6	45min Training Run	Rest	4.5km Run + Strength	Cross Train	5km Run + Strength	Cross Train	10km LSD