

10K Training: Gradual Build

10K - To Complete

(Recorded in Kilometers)

Calgary Marathon, May 28, 2017

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Mar 19 OFF	Mar 20 OFF	Mar 21 3 Run / Walk	Mar 22 OFF	Mar 23 OFF	Mar 24 3 Run / Walk	Mar 25 OFF	6
2	Mar 26 5 LSD (Walk/Run)	Mar 27 OFF	Mar 28 3 Run / Walk	Mar 29 4 Run / Walk	Mar 30 OFF	Mar 31 3 Run / Walk	Apr 1 OFF	15
3	Apr 2 6 LSD (Walk/Run)	Apr 3 OFF	Apr 4 4 Run / Walk	Apr 5 4 Run / Walk	Apr 6 OFF	Apr 7 4 Run / Walk	Apr 8 OFF	18
4	Apr 9 7 LSD (Walk/Run)	Apr 10 OFF	Apr 11 4 Run / Walk	Apr 12 4 Run / Walk	Apr 13 OFF	Apr 14 4 Run / Walk	Apr 15 OFF	19
5	Apr 16 8 LSD (Walk/Run)	Apr 17 OFF	Apr 18 3 Run / Walk	Apr 19 2.5 3 x 400m Hills	Apr 20 OFF	Apr 21 4 Run / Walk	Apr 22 OFF	17.5
6	Apr 23 8 LSD (Walk/Run)	Apr 24 OFF	Apr 25 3 Run / Walk	Apr 26 3 4 x 400 m Hills	Apr 27 OFF	Apr 28 4 Run / Walk	Apr 29 OFF	18
7	Apr 30 8 LSD (Walk/Run)	May 1 OFF	May 2 3 Run / Walk	May 3 4 5 x 400 m Hills	May 4 OFF	May 5 5 Run / Walk	May 6 OFF	20
8	May 7 9 LSD (Walk/Run)	May 8 OFF	May 9 3 Run / Walk	May 10 5 6 x 400 m Hills	May 11 OFF	May 12 5 Run / Walk	May 13 OFF	22
9	May 14 10 LSD (Walk/Run)	May 15 OFF	May 16 4 Run / Walk	May 17 5 Run / Walk	May 18 OFF	May 19 4 Run / Walk	May 20 OFF	23
10	May 21 6 LSD (Walk/Run)	May 22 OFF	May 23 3 Run / Walk	May 24 5 Run / Walk	May 25 OFF	May 26 3 Run / Walk	May 27 OFF	17
11	May 28 10 Race							10
Pace Schedule		<i>Long Run (LSD)</i>	<i>Steady Run</i>	<i>Tempo/ Fartlek/Hills</i>	<i>Speed</i>	<i>Race</i>	<i>Walk Adjusted Race Pace</i>	

To Complete

Don't worry about pace here. The goal is simply to build your training base.
Run/Walk Interval = 10 min Running/1 min Walking

Workout

Run / Walk

The run is broken down into components of running and walking. Based upon the clinic the ratio of running to walking will change.

They are a great way to keep you consistent in your training.

LSD (Walk/Run)

Long Slow Distance runs are the corner-stone of any distance training program.

- Take a full minute to walk for every 10 minutes of running.
- These runs are meant to be done much slower than race pace so don't be overly concerned with your pace.
- To increase capillary network in your body and raise anaerobic threshold.
- Mentally prepares you for long races.

Pace

- The pace shown on the LSD (walk/run) day includes the walk time. It is walk adjusted!
- This program provides an upper end (slow) and bottom end (fast) pace to use as a guideline.
- The upper end pace is preferable as it will keep you injury free. Running at the bottom end pace is a common mistake many runners. They try to run at the maximum pace which is an open invitation to injury.
- I know of very few runners who have been injured from running too slow but loads of runners who incurred injuries by running too fast.
- In the early stages of the program it is very easy to run the long runs too fast, but like the marathon or half marathon the long runs require discipline and patience.

"Practice your sense of pace by slowing the long runs down you will recover faster and remain injury free"

John Stanton

Hills

Hill training combines the benefits of both interval and speed training. It develops strength and increases max VO₂. Hills can be run over a variety of distances and grades and can be combined with longer runs.

- Hills can be run as repeats or as hilly runs.
- Downhill running can be used to help develop leg speed and to train for specific races containing lots of hills.
- Great care must be taken when designing downhill workouts, as they are significant sources of injury.
- 80% MHR

Question

Hi John

Why are hills scheduled for Wednesday and not other days of the week?

Answer:

In my book Running Room's Book on Running Running, in our clinic manuals and on the schedules on our website, we do hills on Wednesday. We build into our program periodization. (Periods of stress and rest). Changing the hill night would be like changing the long run, You would have to adapt the whole weeks training to build in adequate periodization to avoid the risk of injury.

Hope this answers your question, stay running stay having fun!

John Stanton

Race

Race Day!

This is what you have been anticipating since day #1.
Good Luck!