



## 45-min. 10 km RUNNING SCHEDULE

**Goal: to run 4:30 min/km, or 7:15/mile on race day**

| Week |    | Mon  | Tue       | Wed      | Thu  | Fri  | Sat          | Sun  |    | Total Distance |
|------|----|------|-----------|----------|------|------|--------------|------|----|----------------|
|      |    | Rest | Speed day | Moderate | Easy | Rest | Easy fartlek | Long |    |                |
| 1    | Km | rest | 7         | 5        | 5    | rest | 5            | 10   | Km | 32             |
|      | Mi |      | 4         | 3        | 3    |      | 3            | 6    | Mi | 19             |
| 2    | Km | rest | 7         | 7        | 5    | rest | 5            | 11   | Km | 35             |
|      | Mi |      | 4         | 4        | 3    |      | 3            | 7    | Mi | 21             |
| 3    | Km | rest | 8         | 7        | 5    | rest | 5            | 13   | Km | 38             |
|      | Mi |      | 5         | 4        | 3    |      | 3            | 8    | Mi | 23             |
| 4    | Km | rest | 8         | 8        | 5    | rest | 5            | 15   | Km | 41             |
|      | Mi |      | 5         | 5        | 3    |      | 3            | 9    | Mi | 25             |
| 5    | Km | rest | 8         | 8        | 6    | rest | 5            | 13   | Km | 40             |
|      | Mi |      | 5         | 5        | 4    |      | 3            | 8    | Mi | 25             |
| 6    | Km | rest | 8         | 10       | 7    | rest | 5            | 16   | Km | 46             |
|      | Mi |      | 5         | 6        | 4.5  |      | 3            | 10   | Mi | 28.5           |
| 7    | Km | rest | 8         | 10       | 7    | rest | 5            | 19   | Km | 49             |
|      | Mi |      | 5         | 6        | 4.5  |      | 3            | 12   | Mi | 30.5           |
| 8    | Km | rest | 8         | 10       | 7    | rest | 5            | 15   | Km | 45             |
|      | Mi |      | 5         | 6        | 4.5  |      | 3            | 9    | Mi | 27.5           |

**Notes:**

1. Schedule is flexible... move workouts to different days when you need to. Example: switch Sunday and Saturday workouts.
2. The focus is on your long run and increasing your pace. Never put a speed day and long run back to back.
3. Always run the first 5-minutes of each run at an easy jog to warm up, or 10 if you hear joints creaking.
4. As you do any workout, jot down on the chart above either the actual time you were out, or distance if you know it.  
Keeping track of workouts done gives you a record of just how far you've come and becomes a motivator in itself.
5. Always consult a medical doctor before engaging in any rigorous exercise activity.

**PACING**

- a) The SPEED day is required once a week. Start speed in week 1.
  - (1) In weeks 1-2 do a **'tempo'** run... start with a 10-min. easy jog, then increase pace so that speaking is a bit labored; continue to end of distance
  - (2) In weeks 3-5 you do **hills**... Find a hill approximately 200-250 meters long, with a moderate incline (not too steep).  
In week 3, jog to warm up, arrive at hill. Do 4 repeats of the hill: go up hard (about 45 sec.), down easy; total of 4X.  
In week 4, jog to warm up, arrive at hill. Do 6 repeats of the hill: go up hard (about 45 sec.), down easy; total of 6X.  
In week 5, jog to warm up, arrive at hill. Do 8 repeats of the hill: go up hard (about 45 sec.), down easy; total of 8X.  
Always do a 10-15 min. warmup run to hill, stretch prior to hills and after them, and 10+ min. cool down run after.
  - (3) In weeks 6-8 you do **'intervals'** (speed followed by a rest break) at a track or site where you know distance...  
Do a 10-15 min. warmup to a track or workout site... stretch, do warmup sprint (plus cool down jog after workout)  
In week 6, run 800 meters in 3:25, take a 2 min. recovery break, repeat 3 more times.  
In week 7, run 600 meters in 2:35, take a 1:30 min. recovery break, repeat 5 more times.  
In week 8, run 400 meters in 1:45, take a 1 min. recovery break, repeat 7 more times.
- b) Moderate Runs: this is a pace during which you can run comfortably and chat (even to yourself!);  
Your pace should be in the **4:55 to 5:25 per KM** range depending on your speed... OR  
Your pace should be in the **8:00 to 8:10 per MILE** range depending on your speed.  
For a bit more intensity some weeks, aim to run the second half of your moderate run 2-3 minutes faster than your first half.
- c) The LONG RUN is your most important run of the week. If you have to miss a long run, swap it for another run that week.  
Your pace should be in the **5:30 to 5:45 per KM** range depending on your speed... OR  
Your pace should be in the **9:00 to 9:20 per MILE** range depending on your speed.
- d) EASY runs are just that. No speed like you're used to, just a pace that lets you talk easily.  
EASY FARTLEK means do a 10 min. warmup, go hard for 1 min., slow for 1 min., repeat for rest of run.
- e) CROSSTRAINING includes cycling, swimming, in-line skating, hiking, walking, aerobics, etc. This is an optional workout but makes for a great change of 'pace' and complementary strengthening. If you want to get into it gradually, do it on alternate weeks. Crosstrain on an moderate or EASY day, even on a REST day.
- f) ALWAYS have a minimum of 1 REST DAY per week.
- g) If you want just 4 run days per week, drop the Sat. run. or alternate removing Sat. with Wed. runs.