



## Beginning 10K (6.2 miles) Training Program

### Before Starting

You probably already know that a running workout is a great calorie crusher, mood enhancer, and disease fighter. However, before starting a 10K training program, you should make sure you are healthy enough to undertake the training. This 10K training should not be taken lightly. Consult your medical professional to ensure you are ready for this important next step!

### Recommended Beginner 10K Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday*
1	2 easy	2 easy	XT or rest	XT or rest	3 easy	2 easy	rest
2	2 easy	3 easy	XT or rest	XT or rest	2 easy	3 easy	rest
3	3 easy	2 easy	XT or rest	XT or rest	3 easy	3 easy	rest
4	3 easy	3 easy	XT or rest	XT or rest	2 easy	3.5 easy	rest
5	3 easy	3 easy	XT or rest	XT or rest	2 easy	4 easy	rest
6	3 easy	2 easy	XT or rest	XT or rest	2 easy	4 easy	rest
7	3 easy	2 easy	XT or rest	XT or rest	3 easy	5 easy	rest
8	3 easy	3 easy	XT or rest	XT or rest	2 easy	6 easy	rest
9	4 easy	2 easy	XT or rest	XT or rest	2 easy	3.5 easy	rest
10	3 easy	2 easy	XT or rest	XT or rest	Rest	10K	rest

\* Saturday and Sunday "long runs" may be either day – with the other day being a rest or cross training day.

\*\* XT is cross training which can include biking, core workouts, upper body workouts, yoga, pilates, stretching, etc.

### Tips & Terms

The following is the running terminology used for training – obviously, the more experience you have – the more training options and speed/track workouts you will use for form, technique and conditioning.

### Easy Runs

This means running totally comfortable and controlled. When running alone or with your runhers training partner or group, you should be able to converse easily. You'll likely feel as if you could go faster. Don't. Here's some incentive to take it easy: You'll still burn about 100 calories for every mile that you run.

### Long Runs and/or LSD (Long, Slow Distance)

These are any steady run at or longer than race distance designed to enhance endurance, which enables you to run longer and longer and feel strong doing it. A great long-run tip: Find a weekly training partner



around your pace and ability for this one. You'll have time to chat about anything that comes up.

### **Speedwork**

This means bursts of running shorter than race distance, some at your race goal pace, some faster. This improves cardiac strength, biomechanical efficiency, running economy, and the psychological toughness that racing demands.

### **Race Day Rules**

Run slower than you feel like you should be running over the first few miles. Look around; chat a bit with those around you. And walk if you need to through the aid stations, drink fluids, take a little break, then resume your running.