60-min. 10 km RUNNING SCHEDULE

Goal: to run 6:00 min/km, or 9:40/mile on race day

Week		Mon	Tue	Wed	Thu	Fri	Sat	Sun		Total
		Rest	**Speed day**	**Rest**	Moderate	**Rest**	**Crosstrain**	Long		**Distance**
1	Km	rest	5	rest	5	rest	crosstrain	7	Km	17
	Mi		3		3		30-60 min.	4	Mi	10
2	Km	rest	5	rest	5	rest	crosstrain	7	Km	17
	Mi		3		3		30-60 min.	4	Mi	10
3	Km	rest	5	rest	5	rest	crosstrain	8	Km	18
	Mi		3		3		30-60 min.	5	Mi	11
4	Km	rest	5	rest	5	rest	crosstrain	8	Km	18
	Mi		3		3		30-60 min.	5	Mi	11
5	Km	rest	5	rest	6	rest	crosstrain	9	Km	20
	Mi		3		4		30-60 min.	5.5	Mi	12.5
6	Km	rest	5	rest	7	rest	crosstrain	10	Km	22
	Mi		3		4.5		30-60 min.	6	Mi	13.5
7	Km	rest	5	rest	7	rest	crosstrain	11	Km	23
	Mi		3		4.5		30-60 min.	7	Mi	14.5
8	Km	rest	5	rest	7	rest	crosstrain	11	Km	23
	Mi		3		4.5		30-60 min.	7	Mi	14.5

Notes:

1. Schedule is flexible… move workouts to different days when you need to. Example: switch Sunday for Saturday's run.

2. This is designed to gradually increase your distances run with the focus on your long run and being able to run 10k easily.

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) Moderate Runs: this is a pace during which you can run comfortably and chat (even to yourself!);
   Your pace should be in the **6:10 to 6:30 per KM** range depending on your speed…. OR
   Your pace should be in the **10:00 to 10:20 per MILE** range depending on your speed.

b) 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 **6:35 to 6:45 per KM** range depending on your speed…. OR
   Your pace should be in the **10:40 to 11:00 per MILE** range depending on your speed.

c) EASY runs are just that. No speed like you're used to, and a pace as slow as or slower than your long run.

d) The SPEED day is optional. If too much at the outset, do moderate run (same as Thurs.) instead. Start speed in week 2 or 3.
   (1) One week 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 the next week, do a 'fartlek' run (alternate hard and slow)… [hard means difficulty speaking while running that pace]
      Week 1-3: start with a 10-min. easy jog, run hard for 1-min., go slow for 2-min., repeat cycle to end of distance.
      Week 4-8: start with a 10-min. easy jog, run hard for 2-min., go slow for 2-min., repeat cycle to end of distance.
   If not up to the pace stated on a given day, make it an EASY run day. If doing an extra run in the week this is the kind
   of run you'd do. You also go easy to recover, or the day before or after a long run so as not to fatigue your legs.

e) CROSSTRAINING would include cycling, swimming, in-line skating, hiking, walking, aerobics, etc. This is an optional
   workout but makes for a great change of 'pace'. If you want to get into it gradually, do it on alternate weeks, otherwise
   do it each week.