

BOLDERBOULDER

Intermediate/Advanced 10K Training Plan
(intermediate use lower number, advanced use higher number)



Click for more info
(all abilities welcome)

RUN PACING

- EZ:** Conversational pace (2-3 out of an effort scale of 1-10)
- Tempo:** Moderate effort (5 out of 10, or about 10 seconds slower per mile than 10K pace)
- 10K:** Goal BB Race pace (about 2 minutes faster per mile than EZ)
- 5K:** About 2 minutes faster per mile than EZ or 10 seconds faster per mile than 10K pace

WARM UP (WU)

10-15 minutes of EZ running, followed by dynamic stretches, butt kicks, high knees, skips and 4 x 20 second Fast Striders (fast accelerations over about 100 yards)

CROSS-TRAINING (XT)

Any aerobic activity (heart and lungs) other than running. Could include biking, swimming, elliptical machine, strong hike or anything else that gets your heart rate up.

COOL DOWN (CD)

10-15 mins of EZ downhill jogging.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEN WEEKS OUT	30-35 min. EZ run	Rest	45 min. XT	30 min. EZ run	Rest	30-50 min. EZ run	30-45 min. XT or Rest
NINE WEEKS OUT	30-40 min. EZ run	Hills: WU 6-8 x 1min up hill @85% effort, EZ downhill. CD	50 min. XT	35 min. EZ run	Rest	40-50 min. EZ run	30-45 min. XT or Rest
EIGHT WEEKS OUT	30-40 min. EZ run	Intervals: WU 5-7 x 2min @85% effort, jog 2min btw each. CD	50 min. XT	40 min. EZ run	Rest	30-45 min. XT or Rest	5K Race as test of fitness
SEVEN WEEKS OUT	35-45 min. EZ run	Hills: WU 8-10 x 1min up hill @85% effort, EZ downhill. CD	60 min. XT	40 min. EZ run	Rest	45-55 min. EZ run	40-60 min. XT or 20 min. EZ run
SIX WEEKS OUT	35-45 min. EZ run	Intervals: WU 4-6 x 3min up hill @80% effort, EZ downhill. CD	60 min. XT	Rest	30 min. EZ run, + 6x20sec Fast Striders at end	50-60 min. EZ run	50-70 min. XT or 25 min. EZ run
FIVE WEEKS OUT	35-45 min. EZ run	Hills: WU 8 x up hill alt btw 60-75 sec @85% effort, EZ downhill. CD	70 min. XT	45 min. EZ run, finish last 10 (Tempo pace)	Rest	60-70 min. EZ run	50-70 min. XT or 25 min. EZ run
FOUR WEEKS OUT	40-50 min. EZ run	Intervals: WU 5-6 x 1K (10K pace), jog 2min btw each. CD	70 min. XT	20 min. EZ run, 15min (Tempo pace), 20 min. EZ run	Rest	70-80 min. EZ run	50-70 min. XT or 25 min. EZ run
THREE WEEKS OUT	40-50 min. EZ run	Hills: WU 6-8 x 2min up hill @85% effort, EZ downhill. CD	80 min. XT	Rest	30 min. EZ run, + 6x20sec Fast Striders at end	5K Race as tune up for BB10K	35 min. EZ run
TWO WEEKS OUT	45-55 min. EZ run	Intervals: WU 4 x 5min (10K pace), jog 2min btw each. CD	70 min. XT	45 min. EZ run, finish last 15min (Tempo pace)	Rest	80 min. EZ run	20 min. EZ run
ONE WEEK OUT	Rest	Intervals: WU 1 mile (10K pace), 2min jog, 5x¼ mile (5K pace), jog 1min btw each. CD	45 min. XT	40 min. EZ run, + 4x30sec Fast Striders	30 min. EZ run	Rest	25 min. EZ run, + 6x20sec Fast Striders
RACE WEEK!	BB10K	Rest	Rest	30 min. Walk or XT	Rest	30 min. Walk or XT	30 min. EZ run