

FORTITUDE 10K INTERMEDIATE/ADVANCED TRAINING PLAN

(intermediate use lower number, advanced use higher number)



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 FORTitude 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.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	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
WEEK 2	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
WEEK 3	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
WEEK 4	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
WEEK 5	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
WEEK 6	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
WEEK 7	REST	INTERVALS: WU 1 MILE (10K PACE), 2MIN JOG, 5X¼ MILE (5K PACE), JOG 1 MIN 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!		REST	REST	30 MIN. WALK OR XT	REST	30 MIN. WALK OR XT	30 MIN. EZ RUN