FORTITUDE 10K BEAT YOUR PR PLAN!





RUN PACING

The runs of 3-6 miles on Mondays, Thursdays and Fridays should be done at a comfortable pace.

TEMPO RUNS

A tempo run is a continuous run with a buildup in the middle to near 10K race pace. A Tempo Run of 30 to 40 minutes would begin with 10-15 minutes easy running, then gradually accelerating, building to peak pace for 3-5 minutes near the middle, then 5-10 minutes easy toward the end. The pace buildup should be gradual. You can do tempo runs almost anywhere.

WARM-UP

Warming up is important prior to speedwork. Jog a mile or two, stretch for 10-15 minutes, then run some easy strides (100 meters at near race pace). Cool down afterwards by doing half of the warm up.

SPEEDWORK

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Run the 400s at the pace you would run in a mile race. Walk or jog for 1-2 minutes between each repeat. Interval training is best run on a track, but can be done on a treadmill, road or trails.

PACE

This is the pace at which you expect to run the 10K. Saturday workouts include some running at race pace. Start and finish easy, similar to the tempo runs. "5 total/3 pace" means in a 5-mile run, three of those miles should be done at your 10K race pace.

RACE

As an advanced runner you can benefit from a couple of test races. If you can't find a race to enter, you can do a 5K time trial.

LONG RUNS

Run at a comfortable, conversational pace.

STRENGTH

Consider adding some strength training on Monday and Thursday following the run.

REST

Rest is an important part of your training. On Fridays, you are offered the option of resting or an easy 3-mile run. Be realistic about your fatigue level.....don't be concerned if you take the day off.

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	WEEK 7	3 MILE RUN			6 MILE RUN	or		10 MILE RUN
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