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10 weeks to Bolder Boulder 10k.  
 This plan has a lot of flexibility. If you are just starting or returning from injury, aim for the lower numbers. If you want to get into a heavier workout routine, aim for the larger numbers.

| WEEK | MONDAY                              | TUESDAY   | WEDNESDAY        | THURSDAY  | FRIDAY                              | SATURDAY         | SUNDAY   |
|------|-------------------------------------|---|------------------|---|-------------------------------------|------------------|--|
| 1    | Easy run, walk, cross train or off. | Easy run. 2-6 miles.  | Easy run or off. | Get out for an easy run 2-6 miles. During the run, do 6 x 20 seconds of striding out or running faster for 20 seconds along the way. Feel fast!   | Easy run, walk, cross train or off. | Easy run or off. | Sunday run. This run should not be all out, but a step up in effort from your usual easy runs. 2-6 miles.      |
| 2    | Easy run, walk, cross train or off. | Warmup a mile or two. Find a hill that is 30-60 seconds long when running up it. Run up the hill hard and jog or walk slowly down 4-6 times. Cool down as needed afterwards. Miles should be 2-5 for the day. | Easy run or off. | Get out for a 2-6 mile run. Once you feel warmed up (after a mile or two) run one minute hard, followed by 3 minutes easy jog or walk. Repeat this 2-6 times. Cool down as needed. (You can do a walk cooldown if you are tired!) | Easy run, walk, cross train or off. | Easy run or off. | Sunday long run. This run should not be all out, but a step up in effort from your usual easy runs. 3-7 miles. |

| WEEK | MONDAY                              | TUESDAY   | WEDNESDAY        | THURSDAY   | FRIDAY                              | SATURDAY         | SUNDAY   |
|------|-------------------------------------|---|------------------|--|-------------------------------------|------------------|--|
| 3    | Easy run, walk, cross train or off. | Easy run with 8 x 20 seconds of striding out or running faster for 20 seconds along the way. Milage should be 3-6 miles for the day.                    | Easy run or off. | Work day! Do 800 meter or 1/2 mile repeats. These should be done at a good strong effort. Jog or walk 400 meters or 1/4 mile in between sets. Warmup and cool down as necessary. Aim for 2-6 sets. Mileage should be between 3-7 miles for the day.  | Easy run, walk, cross train or off. | Easy run or off. | Sunday long run. This run should not be all out, but a step up in effort from your usual easy runs. Run should be 3-7 miles. |
| 4    | Easy run, walk, cross train or off. | Warmup a mile or two. Then run a 2-3 mile tempo run. The pace should feel fast but controlled. Cooldown or walk as needed after. 3-7 miles for the day. | Easy run or off. | Speed ladder day! The goal is to turn those legs over and get some speed! First run 60 seconds all out, followed by 2 minutes of easy jogging. Then run 30 sends all out, followed by 2 minutes of easy running again. Repeat it all again for 2-6 sets. Cool down as needed. Mileage should be 3-8 miles for the day. | Easy run, walk, cross train or off. | Easy run or off. | Sunday long run. This run should not be all out, but a step up in effort from your usual easy runs. Run should be 3-8 miles. |

| WEEK | MONDAY                              | TUESDAY  | WEDNESDAY        | THURSDAY   | FRIDAY                              | SATURDAY         | SUNDAY  |
|------|-------------------------------------|--|------------------|--|-------------------------------------|------------------|---|
| 5    | Easy run, walk, cross train or off. | Easy run with 8 x 20 second strides or pickups along the way. Concentrate on having good form and good knee lift during your strides. Shoot for 3-7 miles total.   | Easy run or off. | Mile repeat day. Today is a good day to get into the mindset of the 10k. Warmup as needed, then go into 2-4 x a mile. These miles should be tough, getting as close to your max as possible, but not so hard you can't finish the workout. Take 3-5 minutes of easy jogging or walking between each repeat. Cool down as necessary. Shoot for 4-8 miles. | Easy run, walk, cross train or off. | Easy run or off. | Sunday long run. This run should not be all out, but a step up in effort from your usual easy runs. Shoot for 4-9 miles.  |
| 6    | Easy run, walk, cross train or off. | Warmup a mile or two. Find a hill that is 30-60 seconds long when running up it. Run up the hill hard and jog or walk slowly down 6-8 times. Think of good form and looking up as you run the hills. Cool down as needed afterwards. Your daily mileage should be 3-7 miles. | Easy run or off. | Tempo day! Warm-up a mile or two. Then run a 2-4 mile tempo run. To find the right pace, feel like you are in control but pushing. This should be harder than your Sunday effort. Cool down as needed. Total for the day should be 4-8 miles.  | Easy run, walk, cross train or off. | Easy run or off. | Sunday long run. This run should not be all out, but a step up in effort from your usual easy runs. Shoot for 5-10 miles. |

| WEEK | MONDAY                              | TUESDAY   | WEDNESDAY        | THURSDAY  | FRIDAY                              | SATURDAY         | SUNDAY  |
|------|-------------------------------------|---|------------------|---|-------------------------------------|------------------|---|
| 7    | Easy run, walk, cross train or off. | Easy run with 10 x 20 seconds of striding out or running faster for 20 seconds along the way. Notice how far you've come in the last 6 weeks. You are in a routine now and your body is adjusting! Shoot for 4-8 miles total. | Easy run or off. | Ladder day! The goal today is to get in some hard work while mixing up some paces. Shoot for 2 sets of mile with a 2-4 minute jog or walk recovery, then a half mile with 2-4 minute recovery. Do 2-4 sets of this. The mile should be run at a pace that you feel like you could run a 10k in. The half mile is a little faster than that-what you could run a 5k in. Cool down as needed. Have fun and be confident! Daily mileage should be 5-9 miles. | Easy run, walk, cross train or off. | Easy run or off. | Sunday long run. This run should not be all out, but a step up in effort from your usual easy runs. Shoot for 5-10 miles. |

| WEEK | MONDAY                              | TUESDAY   | WEDNESDAY        | THURSDAY  | FRIDAY                              | SATURDAY         | SUNDAY   |
|------|-------------------------------------|---|------------------|---|-------------------------------------|------------------|--|
| 8    | Easy run, walk, cross train or off. | Warmup a mile or two. Find a hill that is 30-60 seconds long when running up it. Run up the hill hard and jog or walk slowly down 6-8 times. Cool down as needed afterwards. Shoot for 4-8 miles total. | Easy run or off. | Mile repeat day. Today is a good day to get into the mindset of the Bolder Boulder 10k. Warmup as needed, then go into 3-5 x a mile. These miles should be tough, feeling like you are riding the envelope but still in control. Take 3-5 minutes of easy jogging or walking between each repeat. Cool down as necessary. This is a big day! Mileage should be 5-9 for the day. | Easy run, walk, cross train or off. | Easy run or off. | Sunday long run. This run should not be all out, but a step up in effort from your usual easy runs. Aim for 5-9 miles. |
| 9    | Easy run, walk, cross train or off. | Easy run with 10 x 20 second strides or pickups along the way. Concentrate on having good form and good knee lift during your strides.  | Easy run or off. | Tempo day! Warm-up a mile or two. Then run a 3 to 5 mile tempo run. Remember, to find the right pace, feel like you are in control but pushing. This should be harder than your Sunday effort. Cool down as needed. 5-9 miles total.  | Easy run, walk, cross train or off. | Easy run or off. | Sunday long run. This run should not be all out, but a step up in effort from your usual easy runs. 4-8 miles.         |

| WEEK | MONDAY                              | TUESDAY   | WEDNESDAY        | THURSDAY  | FRIDAY                              | SATURDAY         | SUNDAY   |
|------|-------------------------------------|---|------------------|---|-------------------------------------|------------------|--|
| 10   | Easy run, walk, cross train or off. | Easy run with 8 x 20 seconds of striding out or running faster for 20 seconds along the way. Total mileage should be 3-7. | Easy run or off. | Find a nice section to run that is flat and fast. Warmup a mile or two. Then start with a fartlek. ! minute hard, 2 minutes easy- then 30 seconds hard, 2 minutes easy.Repeat for 2-4 sets. It should be done at a hard effort, something you are ready to do in your 10k! Cool down as needed. Have fun and feel fresh! 3-6 miles total. | Easy run, walk, cross train or off. | Easy run or off. | 10k race tomorrow! Go for a short run if you want to shake out any nerves. Just a couple of miles. But if you want to take a rest day that's great too! Good luck! |

# Weekly Schedule

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 1    |        |        |         |           |          |        |          |
| 2    |        |        |         |           |          |        |          |
| 3    |        |        |         |           |          |        |          |
| 4    |        |        |         |           |          |        |          |
| 5    |        |        |         |           |          |        |          |
| 6    |        |        |         |           |          |        |          |
| 7    |        |        |         |           |          |        |          |
| 8    |        |        |         |           |          |        |          |
| 9    |        |        |         |           |          |        |          |
| 10   |        |        |         |           |          |        |          |
| 11   |        |        |         |           |          |        |          |

