

# 10K RUN PROGRAM

16-WEEK TRAINING GUIDE



**INITIAL MILE**



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# 16-WEEK 10K RUN TRAINING PROGRAM

## TRAINING DETAILS

### Who's this for?

All levels

### Equipment Required:

Pull-Up Bar | Dumbbells | Plyo Box

### Program Focus:

Build run foundation. Increase overall endurance. Complete a 10k race.

**BEGINNER LEVEL: TRAIN IN LOW RPE RANGE**

**INTERMEDIATE: TRAIN BETWEEN LOW/MID RPE RANGE**

**ADVANCE: TRAIN IN HIGHEST RPE RANGE**

References:

American College of Sports Medicine  
80/20 Running by Matt Fitzgerald  
Method to the Madness by Rob Maxwell

## WEEK 1-2: BUILD CONSISTENCY

MON.	TUES.	WED.	THURS.	FRI.	SATURDAY
TOTAL BODY WEIGHT TRAINING WORKOUT	WALK/JOG 15-20 MIN. EASY PACE RPE:2-3	TOTAL BODY WEIGHT TRAINING WORKOUT	WALK/JOG 15-20 MIN. EASY PACE RPE:2-3	REST	WALK/JOG 15-20 MIN. EASY PACE RPE:2-3 <small>Sunday= Rest Day</small>

The goal for weeks 1-2 is to ease into the program, acclimate your body to overall movement, build strength and give the body time to adapt to a complete training program.

## WEEK 3-4: BUILD RUN FOUNDATION AND MUSCULAR STRENGTH

MON.	TUES.	WED.	THURS.	FRI.	SATURDAY
TOTAL BODY WEIGHT TRAINING WORKOUT	WALK/JOG 20-25MIN. EASY PACE RPE:2-3	TOTAL BODY WEIGHT TRAINING WORKOUT	WALK/JOG 20-25 MIN. EASY PACE RPE:2-3	REST	WALK/JOG 1.5-2.5 MILES MODERATE RPE:4-6 <small>Sunday= Rest Day</small>

The goal for weeks 3-4 is to incorporate weekend “long runs”. Warriors will continue to incorporate weight training to build overall muscular strength.

## WEEK 5-6: BUILD RUN FOUNDATION AND MUSCULAR ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	SATURDAY
TOTAL BODY CAL/X	WALK/JOG 25-30 MIN. EASY PACE RPE:3-4	TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE:6-8	REST	WALK/JOG 2-3.5 MILES MODERATE RPE:4-6  Sunday=Rest Day

The goal for weeks 5 and 6 is to decrease the amount of walking and include more jogging into each run session. Warriors will be introduced to “speed work” and calisthenics.

## WEEK 7-8 BUILD SPEED AND ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	SATURDAY
TOTAL BODY CAL/X	JOG/RUN 30-40 MIN. EASY PACE RPE:3-4	TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE:6-8	REST	JOG/RUN 2.5-4 MILES MODERATE RPE:4-6  Sunday=Rest Day

The goal for weeks 7 and 8 is to continue increasing the volume of overall endurance work.

## WEEK 9: REST WEEK

MON.	TUES.	WED.	THURS.	FRI.	SATURDAY
YOGA	RUN 45 MIN. EASY RPE:3-4	YOGA	RUN 45 MIN. EASY RPE:3-4	REST	RUN 3 MILES MODERATE RPE:4-6  Sunday=Rest Day

After eight weeks of consistent training, Week 9 will be your “rest week” to reset your mental and physical well-being.

## WEEK 10-12: BUILD SPEED AND ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	SATURDAY
TOTAL BODY CAL/X	JOG/RUN 45-60 MIN. EASY PACE RPE:3-4	TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE:6-8	REST	JOG/RUN 4-5 MILES MODERATE RPE:4-6  Sunday=Rest

Post rest-week, warriors will jump back into training at higher volumes.

## WEEK 13-14: BUILD SPEED AND ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	SATURDAY
TOTAL BODY CAL/X	JOG/RUN 60-75 MIN. EASY PACE RPE:3-4	TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE:6-8	REST	JOG/RUN 5-6 MILES MODERATE RPE:4-6  Sunday=Rest

Week 13-14 will be the weeks where warriors will get close to peak levels of fitness before race day.

## WEEK 15: TAPER WEEK

MON.	TUES.	WED.	THURS.	FRI.	SATURDAY
YOGA	RUN 30-45 MIN. EASY RPE:3-4	YOGA	RUN 30-45 MIN. EASY RPE:3-4	REST	RUN 3 MILES MODERATE RPE:4-6  Sunday=Rest

Week 15 will be taper week for warriors. This week will include minimal movement allowing warriors to reset their mind and body before race week.

## WEEK 16: RACE WEEK

MON.	TUES.	WED.	THURS.	FRI.	SATURDAY
YOGA	SPRINT WORKOUT MOD.-HARD RPE:6-8	YOGA	RUN 20-30MIN. EASY PACE RPE:3-4	SHAKEOUT RUN 10-15 EASY MINUTE JOG	RACE DAY

It's race week! Week 16 includes yoga days to maintain strength and mobility, one last sprint workout to remind your body of "quick feet" and a shakeout run on the Saturday before race day.

## SAMPLE WORKOUTS

### Walk/Jog Workout Sample

#### Option 1:

Alternate between  
Walk - 60 seconds  
Jog - 60 seconds

#### Option 2:

Alternate between  
Walk - 30 seconds  
Jog - 30 seconds

#### Option 3:

Alternate between  
Walk - 45 seconds  
Jog - 15 seconds

#### Option 4:

Alternate between  
Walk - 20 seconds  
Jog - 40 seconds

#### Option 5:

Alternate between  
Walk - 15 seconds  
Jog - 45 second

### Speed Workout Sample

Rest 15-45 sec.  
between each sprint

Sprint 1: 10 sec.  
Sprint 2: 20 sec.

Sprint 3: 30 sec.  
Sprint 4: 40 sec.

Sprint 5: 50 sec.  
Sprint 6: 60 sec.

Sprint 7: 60 sec.  
Sprint 8: 50 sec.

Sprint 9: 40 sec.  
Sprint 10: 30 sec.

Sprint 11: 20 sec.  
Sprint 12: 10 sec.

### CAL/X Sample

Complete workout  
in circuit format  
for 3-4 rounds.  
Rest 15-30 sec.  
between each  
exercise and 30-60  
sec. between  
rounds. Complete  
each exercise for  
45-60 sec.

- 1.Push-Up to T-Twist
- 2.Box Jumps
- 3.Pull-Up or Dead Hang
- 4.Lateral Lunge
- 5.Mt. Climbers

### Weight Training

Complete workout in  
sequential format for 3-  
4 rounds. Rest 15-30 sec.  
between each exercise  
and rest 30-60 sec.  
between rounds. 10-12  
Reps. each exercise. Use  
medium-heavy weight.

- 1.DB Chest Press
- 2.DB Renegade Row
- 3.DB Shoulder Press
- 4.DB Step Up
- 5.DB Hip Bridge
- 6.Plank Hold (15-60 sec.)

## FAQ's

### ***What is CAL/X?***

CAL/X is our abbreviated version for calisthenics. Calisthenics are exercises performed without external weights and only using our body weight.

### ***What is Taper?***

Taper is a term used in the endurance world that represents the week(s) before race day. During this week, training sessions and intensity decrease to allow recovery before race day.

### ***What if an exercise is too difficult and I can't complete it?***

No worries! Everyone has to start somewhere. Regress each exercise as needed.

### ***Should I run outdoors or on a treadmill?***

*Running outdoors or on a treadmill can provide different benefits however, running on a treadmill will make you feel like you're running faster than you really are.*

### ***What is RPE?***

RPE stands for rate of perceived exertion. This is used to measure how hard your body works during physical activity based on a scale from 1-10. 1 being the easiest and 10 being most strenuous.

### ***I missed a training session. Should I try to make it up somewhere in the week?***

That's ok! If you can find another day to complete the training to accommodate your schedule, great! Go for it. However, life happens. If you can't find another day to make it up, that's ok as well. Continue on with the program and do the best you can to remain consistent.

### ***How many times should I stretch or do yoga in the week?***

Working on your flexibility and mobility should be completed on a daily basis.

### ***What type of warm-up should I complete before each workout?***

*Complete a dynamic warm-up before each workout rather than static stretching and include moving in all planes of motion.*

### ***How long should I warm-up for?***

*Warm-up until your body reaches a near sweat.*

