



10K Training: Gradual Build

10K - To Complete

Ottawa Race Weekend, May 24, 2008

(Recorded in Kilometers)

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Mar 16 OFF	Mar 17 OFF	Mar 18 3 Run / Walk	Mar 19 OFF	Mar 20 OFF	Mar 21 3 Run / Walk	Mar 22 OFF	6
2	Mar 23 5 LSD (Walk/Run)	Mar 24 OFF	Mar 25 3 Run / Walk	Mar 26 4 Run / Walk	Mar 27 OFF	Mar 28 3 Run / Walk	Mar 29 OFF	15
3	Mar 30 6 LSD (Walk/Run)	Mar 31 OFF	Apr 1 4 Run / Walk	Apr 2 4 Run / Walk	Apr 3 OFF	Apr 4 4 Run / Walk	Apr 5 OFF	18
4	Apr 6 7 LSD (Walk/Run)	Apr 7 OFF	Apr 8 4 Run / Walk	Apr 9 4 Run / Walk	Apr 10 OFF	Apr 11 4 Run / Walk	Apr 12 OFF	19
5	Apr 13 8 LSD (Walk/Run)	Apr 14 OFF	Apr 15 3 Run / Walk	Apr 16 2.5 3 x 400m Hills	Apr 17 OFF	Apr 18 4 Run / Walk	Apr 19 OFF	17.5
6	Apr 20 8 LSD (Walk/Run)	Apr 21 OFF	Apr 22 3 Run / Walk	Apr 23 3 4 x 400 m Hills	Apr 24 OFF	Apr 25 4 Run / Walk	Apr 26 OFF	18
7	Apr 27 8 LSD (Walk/Run)	Apr 28 OFF	Apr 29 3 Run / Walk	Apr 30 4 5 x 400 m Hills	May 1 OFF	May 2 5 Run / Walk	May 3 OFF	20
8	May 4 9 LSD (Walk/Run)	May 5 OFF	May 6 3 Run / Walk	May 7 5 6 x 400 m Hills	May 8 OFF	May 9 5 Run / Walk	May 10 OFF	22
9	May 11 10 LSD (Walk/Run)	May 12 OFF	May 13 4 Run / Walk	May 14 5 Run / Walk	May 15 OFF	May 16 4 Run / Walk	May 17 OFF	23
10	May 18 6 LSD (Walk/Run)	May 19 OFF	May 20 3 Run / Walk	May 21 5 Run / Walk	May 22 3 Run / Walk	May 23 OFF	May 24 10 Race	27

Pace Schedule

Long Run (LSD)

Steady Run

Tempo/Fartek/Hills

Speed

Race

Walk Adjusted Race Pace

To Complete

Don't worry about pace here. The goal is simply to build your training base.
Run/Walk Interval = 10 min Running/1 min Walking

Workout

Run / Walk

The run is broken down into components of running and walking. Based upon the clinic the ratio of running to walking will change. They are a great way to keep you consistent in your training.

LSD (Walk/Run)

Long Slow Distance runs are the corner-stone of any distance training program.

- Take a full minute to walk for every 10 minutes of running.
- These runs are meant to be done much slower than race pace so don't be overly concerned with your pace.
- To increase capillary network in your body and raise anaerobic threshold.
- Mentally prepares you for long races.

Pace

- The pace shown on the LSD (walk/run) day includes the walk time. It is walk adjusted!
- This program provides an upper end (slow) and bottom end (fast) pace to use as a guideline.
- The upper end pace is preferable as it will keep you injury free. Running at the bottom end pace is a common mistake many runners. They try to run at the maximum pace which is an open invitation to injury.
- I know of very few runners who have been injured from running too slow but loads of runners who incurred injuries by running too fast.
- In the early stages of the program it is very easy to run the long runs too fast, but like the marathon or half marathon the long runs require discipline and patience.

"Practice your sense of pace by slowing the long runs down you will recover faster and remain injury free".

John Stanton

Hills

Hill training combines the benefits of both interval and speed training. It

Race

Race Day!

develops strength and increases max VO2. Hills can be run over a variety of distances and grades and can be combined with longer runs.

- Hills can be run as repeats or as hilly runs.
- Downhill running can be used to help develop leg speed and to train for specific races containing lots of hills.
- Great care must be taken when designing downhill workouts, as they are significant sources of injury.
- 80% MHR

This is what you have been anticipating since day #1.
Good Luck!

Question

Hi John

Why are hills scheduled for Wednesday and not other days of the week?

Answer:

In my book Running Room's Book on Running Running, in our clinic manuals and on the schedules on our website, we do hills on Wednesday. We build into our program periodization. (Periods of stress and rest). Changing the hill night would be like changing the long run, You would have to adapt the whole weeks training to build in adequate periodization to avoid the risk of injury.
Hope this answers your question, stay running stay having fun!

John Stanton