



# 10K Training: Complete 10K

(Recorded in Kilometers)

Ottawa Race Weekend, May 24, 2008

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Mar 16 <b>OFF</b>	Mar 17 <b>OFF</b>	Mar 18 <b>6</b> Steady Run	Mar 19 <b>OFF</b>	Mar 20 <b>5</b> Steady Run	Mar 21 <b>OFF</b>	Mar 22 <b>3</b> Steady Run	14
2	Mar 23 <b>6</b> LSD (Walk/Run)	Mar 24 <b>OFF</b>	Mar 25 <b>6</b> Steady Run	Mar 26 <b>OFF</b>	Mar 27 <b>6</b> Steady Run	Mar 28 <b>OFF</b>	Mar 29 <b>3</b> Steady Run	21
3	Mar 30 <b>6</b> LSD (Walk/Run)	Mar 31 <b>OFF</b>	Apr 1 <b>6</b> Steady Run	Apr 2 <b>OFF</b>	Apr 3 <b>6</b> Steady Run	Apr 4 <b>OFF</b>	Apr 5 <b>3</b> Steady Run	21
4	Apr 6 <b>8</b> LSD (Walk/Run)	Apr 7 <b>OFF</b>	Apr 8 <b>6</b> Steady Run	Apr 9 <b>3</b> Steady Run	Apr 10 <b>6</b> Steady Run	Apr 11 <b>OFF</b>	Apr 12 <b>3</b> Steady Run	26
5	Apr 13 <b>8</b> LSD (Walk/Run)	Apr 14 <b>OFF</b>	Apr 15 <b>6</b> Steady Run	Apr 16 <b>2.5</b> 3 x 400 m Hills	Apr 17 <b>6</b> Steady Run	Apr 18 <b>5</b> Steady Run	Apr 19 <b>OFF</b>	27.5
6	Apr 20 <b>10</b> LSD (Walk/Run)	Apr 21 <b>OFF</b>	Apr 22 <b>6</b> Steady Run	Apr 23 <b>3</b> 4 x 400 m Hills	Apr 24 <b>5</b> Steady Run	Apr 25 <b>6</b> Steady Run	Apr 26 <b>OFF</b>	30
7	Apr 27 <b>10</b> LSD (Walk/Run)	Apr 28 <b>OFF</b>	Apr 29 <b>8</b> Steady Run	Apr 30 <b>4</b> 5 x 400 m Hills	May 1 <b>5</b> Steady Run	May 2 <b>OFF</b>	May 3 <b>6</b> Steady Run	33
8	May 4 <b>11</b> LSD (Walk/Run)	May 5 <b>OFF</b>	May 6 <b>6</b> Steady Run	May 7 <b>5</b> 6 x 400 m Hills	May 8 <b>8</b> Steady Run	May 9 <b>5</b> Steady Run	May 10 <b>OFF</b>	35
9	May 11 <b>11</b> LSD (Walk/Run)	May 12 <b>OFF</b>	May 13 <b>8</b> Steady Run	May 14 <b>8</b> Tempo	May 15 <b>5</b> Steady Run	May 16 <b>OFF</b>	May 17 <b>6</b> Steady Run	38
10	May 18 <b>13</b> LSD (Walk/Run)	May 19 <b>OFF</b>	May 20 <b>8</b> Steady Run	May 21 <b>5</b> Tempo	May 22 <b>3</b> Race Pace	May 23 <b>OFF</b>	May 24 <b>10</b> Race	39

## Pace Schedule

Long Run  
(LSD)

Steady Run

Tempo/  
Fartek/Hills

Speed

Race

Walk Adjusted  
Race Pace

## To Complete

Pacing is not used here. The goal is to "complete," so adapting to the increased distance is the focus.  
Run/Walk Interval and Steady Runs = 10 min Running/1 min Walking.

## Workout

### Steady Run

Steady run is a run below **targeted** race pace.

Run at comfortable speed; if in doubt, go slow. The run is broken down into components of running and walking. Based upon the clinic, the ratio of running to walking will change.

In the **5km and 10km clinics** the Running Room now use the run/walk formula (10 & 1) on all runs, which includes regular steady weekday runs. We do not encourage participants to run continuous at these levels but prefer the walk/run approach. In the Marathon and Half Marathon programs walk breaks are optional during the week but not optional on the long run (Sunday), they must be a part of the program. They are a great way to keep you consistent in your training.

- To develop stamina, build strength and pace judgment.
- Improves your confidence.

### Let Your HRM be your digital coach

Your HRM is your digital coach, keeping your workouts at the precise intensity needed to achieve your goals, safely and effectively. Many exercisers 'drop out' of a fitness program because they try to do 'too much too soon'. Your HRM can help you stay at the right intensity to keep from fatiguing, or burning out.

- Your body uses oxygen to convert nutrients into energy for muscle movement and body functions. When you exercise, your heart rate increases to deliver more oxygen to the working muscles.
- By performing cardiovascular exercise regularly, your heart and circulatory system become stronger and more efficient at delivering oxygen to your muscles. And, your muscles become more efficient at converting calories into

### 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*

energy.

- Your 'target zone' is the intensity range that allows you to improve your fitness at a safe and comfortable level. This zone is expressed as a percentage of your maximal heart rate based on your current fitness level and your goals.
- Your HRM makes it possible to receive real time feedback on your HR during exercise, keeping you in your training zone for maximum results from every workout.

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### Hills

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

### 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, 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*

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### Tempo

#### Description:

These workouts are intended to be near the lactate threshold pace, 80% MHR.

- They are designed to improve the lactate threshold for the athlete, in other words - to help people move faster.
- Tempo workouts should stress the body at a specific intensity level - not more, not less. The workout should ideally take place on smooth, flat terrain under relatively calm weather conditions.
- Tempo workouts are typically of 20-30 minute non-stop duration with a warm up and cool down added. Alternatively, tempo repeats can consist of a few shorter sets of tempo intervals with a short rest between them. In this way, tempo workouts can be increased to 30-50 minutes overall.
- Experience has taught that optimum benefit is gained by staying within these ranges. More does not necessarily mean better and in this case, overstress and even injury could be the result.

### Tempo Workouts

#### Question:

Hi John, Why do we have 2 hard days in a row for example a Tempo run scheduled for Tuesday & Wednesday and or a tempo run followed by a hill repeat day? Isn't this too much without a rest?

#### Answer:

In my book Running Room's Book on Running, in all of our clinic manuals and the schedules on our website we do Tempo Runs on Tuesday & Wednesday night and then follow a Tempo Run with a Hill Repeat day later on in the program. Now this may seem like a lot but we do have a reason for this.

We build into our program periodization. (Periods of stress and rest). We at times inject a period of 'stress' into the program by having 2 back to back days of harder workouts but never more than 2 days.

Hope this answers your question, stay running stay having fun!

*John Stanton*

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### Race Pace

To train the body to run at exactly the pace and intensity that will be required during the target race.

- When the body and mind adapt to this pace during training, the actual race seems to require less effort and stress, at least in the early miles!
- To train the body to tolerate increasing levels of lactic acid.
- To develop stamina and pace judgment.
- Improves your confidence.

### Walk Adjusted Race Pace

How do we arrive at a Walk Adjusted race pace? When you are walking, you are moving slower than your average run pace. When you are running, you are moving faster than your average walk pace. The walk adjusted race pace factors in the variation in walking and running speed.

The challenge is knowing the average speed of your walking pace. We have devised a formula to calculate moderate walk pace, which allows us to determine the exact splits including running and walking pace. The effect of this calculation is that the run pace is faster per kilometer faster than the average race pace. However when calculated with your walk pace you will end up with your target race pace.

You can go on-line at Runningroom.com and print out your Walk Adjusted pace bands for race day!

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### Race

#### Race Day!

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

Good Luck!