



## Spring in the Park Women's 10K

**10K TRAINING PROGRAM – Choose a goal time/race pace per mile based upon your fitness**

<b>FEBRUARY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 1</b>	1 Rest day or cross train	2 4 miles - tempo	3 Cross train	4 3 miles	5 Full rest day	6 5 miles	7 3 miles
<b>WEEK 2</b>	8 Full rest day or cross train	9 4 miles - tempo	10 Cross train	11 4 miles	12 Full rest day	13 5 miles	14 4 miles
<b>WEEK 3</b>	15 Full rest day or cross train	16 4 miles - tempo	17 Cross train	18 4 miles	19 Full rest day	20 6 miles	21 4 miles
<b>WEEK 4</b>	22 Full rest day or cross train	23 4-5 x 800	24 Cross train	25 4 miles	26 Full rest day	27 7 miles	28 3 miles
<b>WEEK 5</b>	29 Full rest day or cross train						

<b>MARCH</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 5 (cont'd)</b>		1 4 miles	2 Cross train	3 3 miles	4 3 miles	5 Full rest day	6 Consider Shamrock 5K race Peninsula, OH or 3.1 miles fast or 7 miles long

<b>WEEK 6</b>	7 Full rest day or cross-training	8 3 miles -tempo	9 Cross train	10 4 miles	11 Full rest day	12 7 miles	13 3 miles
<b>WEEK 7</b>	14 Full rest day or cross train	15 5-6 x 800	16 Cross train	17 4 miles	18 Full rest day	19 8 miles	20 4 miles
<b>WEEK 8</b>	21 Full rest day or cross train	22 5 miles - tempo	23 Cross train	24 4 miles	25 Full rest day	26 6 miles	27 3 miles
<b>WEEK 9</b>	28 Full rest day or cross train	29 4 miles - tempo	30 Cross train	31 3 miles			

<b>APRIL</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 9 (cont'd)</b>					1 3 miles	2 Full day off	3 <b>WOMEN'S SPRING IN PARK 10K GOOD LUCK!!</b>

### **KEY**

Cross train – rowing, cycling, swimming, walking, strength training, aerobic exercise classes, etc

Easy run pace – 60-90 secs slower than your goal race pace, all Thursdays, Saturdays, and Sundays

Tuesday speed workouts -

- 800 m repeats (warm-up one mile, 800 m repeats at 30 sec faster than goal race with jog/walk for 400 m in same time it takes to run 800 m, then cool down to complete the total mileage for the day weeks 4 and 7)

-Tempo runs (warm-up one mile, then run goal race pace for one mile, then 2 miles easy run pace weeks 1 and 2)

(warm-up one mile, then run goal pace for two miles, then 1 mile easy run pace weeks 3, 5 and 9)

(warm up one mile, then run goal pace for one mile, then 1 mile easy run pace week 6)

(warm-up one mile, then run goal pace for three miles, then 1mile easy run pace week 8)