10K INTERMEDIATE TRAINING PLAN

TRAVERSE CITY TRACK CLUB

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3 Mile Run	3 Mile Run	Cross/Rest	Hills X 2	15 Min Run	3 Mile Run	Rest
2	30 Tempo/Fartlek	3.5 Mile Run	Cross/Rest	Hills X 2	20 Pace	4 Mile Run	Rest
3	24 Tempo/Fartlek	3 Mile Run	Cross/Rest	Hills X 2	15 Pace	3 Mile Run	Rest
4	30 Tempo/Fartlek	4 Mile Run	Cross/Rest	Hills X 3	25 Pace	5 Mile Run	Rest
5	5-5-5 Speed Work	4.5 Mile Run	Cross/Rest	Hills X 3	30 Pace	6 Mile Run	Rest
6	27 Tempo/Fartlek	3 Mile Run	Cross/Rest	Hills X 3	20 Pace	4 Mile Run	Rest
7	5-5-5 Speed Work	4 Mile Run	Cross/Rest	Hills X 4	30 Pace	6 Mile Run	Rest
8	42 Tempo/Fartlek	5 Mile Run	Cross/Rest	Hills X 4	35 Pace	7 Mile Run	Rest
9	6-6-5 Speed Work	6 Mile Run	Cross/Rest	Hills X 4	40 Pace	8 Mile Run	Rest
10	20 Tempo/Fartlek	3 Mile Run	2 Mile Run	Rest	Rest	10K Race	Rest

Definitions and Explanations

This intermediate training program is intended for runners who are looking to improve 10K race times. It assumes that the runner is not injured or has a recent past injury, has a solid running base and can run more than a 5K distance at any pace without walking or stopping. This program consists of Mile Runs, Hill Intervals, Tempo Runs/Fartlek, Speed Work and Cross Training and/or Rest Days. It is a 10 week program. This program uses four active running days with one full rest day and two cross training or an additional rest days depending on the user's preference. If the runner feels they need to get more running time in, the Cross/Rest day can be substituted with a low mileage Mile Run of not more than two to three miles. An explanation of the above running types can be found below.

Mile Run:
This is a slow run that is to be run at 10 to 20 percent slower than race pace.
See the Long Slow Run Pacing Chart. This is important since the runner needs to stay in the aerobic range to build capillaries and mitochondrial support. Doing this run too fast, introducing anaerobic effects, can diminish the benefit of this run or introduce overtraining and premature fatigue. Be sure to have fun with it.

Hill Intervals (Hills):
Hill Intervals are intended to provide the runner strength and stamina. To run hill intervals the runner should warm up for five to 10 minutes. Then on a hill that has about an eight percent grade for at least a quarter mile, but not more than half mile, run up the hill at a hard to moderately hard pace. At the turn around point, either the half mile limit or the top, easily run back down and repeat the intervals until the maximum number of intervals has been completed.

Pace:
The Min Pace or Minute Pace run is to be run at the runner's intended race pace for the event they are training for. It helps to provide muscle memory of how the intended race pace should "feel". This is beneficial since the runner should acquire the skill to know what their pace is and to notice if it is too fast or slow through developing muscle memory without relying solely on electronic timing or pacing devices such as GPS watches in case of equipment failure.

Tempo/Fartlek:
A Tempo Run is considered speed work. To run a Tempo run for the indicated minutes, do a warm up run for one-third of the allotted time, accelerate to a 5K race pace for the middle one-third, then do a cool down run for the final one-third of the allotted time. For example, a 27 Tempo would look like this: 9 minute warm up, 9 minute accelerate to and run at a 10K race pace, and finally, a 9 minute cool down run.
Fartlek is a Swedish word that means 'Speed Play". It is a type of free-form speed training that uses the way a runner feels on the speed work day. It has the

advantage of not locking the runner into a specific workout routine. A Fartlek run can be run like a Tempo run, speed intervals, or just what the runner feels like doing on that particular day. One example of running a Fartlek run is to do an appropriate warm up run of about five to 10 minutes. Then the runner can focus on a distant object, like a tree or telephone pole, and then run to it at a fast, but sustainable pace. After reaching the object, do a recovery run a few minutes to recover. Then repeat the process for the allotted amount of minutes. Make sure the last portion of the run is the recovery portion. If there is more than one runner, try to make a game out of it. Have one runner lead the others and start the fast portion of the run and not tell the other runners when or for how long the fast

and recovery portions of the run will last. They will have to focus on the lead runner to keep up with the workout. Again, this is a free-form run, so be sure to be creative and have fun with it.

Speed Work:

Speed work is denoted by, for example, "5-5-5". They are time based where the number indicates the minutes the speed portion of the interval will last. The "5-5-5" speed work is performed by running a five to 10 minute warm up, running the first "5" for 5 minutes at a slightly faster than a 5K race pace, then run for five minutes at a slow recovery pace. Repeat the second "5" at a slightly faster than a 5K race pace, then run for five minutes at a slow recovery pace. Repeat the third "5" at a slightly faster than a 5K race pace, but the last minute

should be at an all out effort. After the last "5" minute interval do a cool down fun for five to 10 minutes. This should be a hard effort. If the weather is not conducive to running the speed work noted above, such as icy and snowy roads, then a Tempo run can be substituted.

Cross/Rest:

Cross/rest is intended for the runner to do cross training such as swimming, easy biking, or easy weight lifting (light weights and high repetitions). Cross training does not include running. If the runner needs a rest day, this can be used as a total rest day. If the runner feels they need some more running, then a Mile Run of not more than two to three easy miles can be substituted.

Rest:

This is a full rest day. This does

not include cross training or running. The rest day(s) is one of the most important aspects of training. It is needed to build the body back up after it has been fatigued by that current weeks training regimen. Also, if the runner feels they need an extra rest day, they should take it. If the body feels overly fatigued to the point that the runner feels they need an extra rest day, they most likely do.

This training schedule is not written in stone and can be modified to meet the specific, individual requirements of the runner. It can also be modified at any point in the training to accommodate any needs that may arise from the runner's perspective. Please let us know if you have any questions, concerns, or if any modifications need to be discussed.