

10K EASY/INTRODUCTORY TRAINING PLAN



TRAVERSE CITY
TRACK CLUB

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2.5 Mile Run	Cross/Rest	2 Mile Run	Cross/Rest	15 Min Run	3 Mile Run	Rest
2	3 Mile Run	Cross/Rest	2 Mile Run	Cross/Rest	15 Min Run	3.5 Mile Run	Rest
3	3 Mile Run	Cross/Rest	2 Mile Run	Cross/Rest	18 Min Run	3 Mile Run	Rest
4	3 Mile Run	Cross/Rest	3 Mile Run	Cross/Rest	20 Min Run	4 Mile Run	Rest
5	3 Mile Run	Cross/Rest	3 Mile Run	Cross/Rest	20 Min Run	4.5 Mile Run	Rest
6	3 Mile Run	Cross/Rest	3 Mile Run	Cross/Rest	15 Min Run	3 Mile Run	Rest
7	3.5 Mile Run	Cross/Rest	3 Mile Run	Cross/Rest	22 Min Run	5 Mile Run	Rest
8	4 Mile Run	Cross/Rest	3.5 Mile Run	Cross/Rest	23 Min Run	5.5 Mile Run	Rest
9	4 Mile Run	Cross/Rest	3.5 Mile Run	Cross/Rest	25 Min Run	6 Mile Run	Rest
10	Cross/Rest	3 Mile Run	2 Mile Run	Rest	Rest	10K Race	Rest



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Definitions and Explanations

This easy/introductory training program is intended for runners who are looking for an introduction to the 10K race. It assumes that the runner is not injured or has a recent past injury, has a solid running base and can run about three miles at any pace without walking or stopping. This program consists of Mile Runs, Min (Minute) Runs 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 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.

Min Run:

This is a slow run that is to be run for the allotted time in minutes at a pace where the runner can carry on a conversation. Speed is not

important with this run; just have fun with it and complete the listed minutes.

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 the current week's 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.