

**This plan is ideal for:**

Participants who would like to complete a 10K race, running the entire distance.

**Recommended base prior to beginning this plan:**

- (1) Consistently running or run-walking 2-3 days a week or more, for at least 4 months
- (2) Comfortable with a long run of 3-4 miles

**Pace**

The pace for all runs should be a pace in which you can easily converse, speaking in full sentences.

**Monday Run**

There are no coached group runs on Monday's. You are however, encouraged to use the **FSRC 10K Training** Facebook group to find other participants to do your workout with.

**Wednesday Group Coached Runs**

Group runs meet at Baker Park, near the downstairs entrance to Talley Recreation Center, starting at 6pm.

**Saturday Coached Long Run**

The Saturday long run is a key workout for the week. Take it slow enough that you aren't completely wiped out at the end of the run. You should feel tired, but not so tired that you just want to sit on the couch for the rest of the day.

**Strength and/or Cross Training**

At a minimum, you should do the **BASIC 5** strength/balance routine twice a week. This can be after your runs on Monday and Wednesday. Or you can do it on Tuesday and Thursday. If you already participate in some sort of non-running low-impact activity such as yoga or cycling, please feel free to continue these activities during the program. If you currently do strength training in the gym that focuses on upper body, core, and hips, you may do that instead of the BASIC 5. With cross training workouts, you may need to dial it back a little from your previous when you start adding running to your weekly routine. A little soreness and fatigue the next day is okay, but you should not be so sore and tired that it significantly affects your run. Keeping Friday as a day completely off from activity is recommended so that you are fully rested for the stresses of the Saturday long run.

**Moving Days Around**

Life happens. Sometimes you may need to move runs around. We recommend looking at your weekly schedule every Sunday evening, and planning into your week when you are going to do your workouts. **Consistency is the key factor to success in running.** It is okay to move your weekday runs to other days within these rules:

- (1) Take a day off between runs.
- (2) Missing one run is generally not a problem. However, if you need to miss consecutive runs (sickness, life, etc.), please contact your coach for advice on altering your training plan.

If you have further questions about how to move your runs around, please ask your coach.

**Week 4**

Week 4 is a planned recovery week. Your body needs this week to rebuild and recharge. You may feel a bit antsy. That's okay. Take this week to rest and eat well.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>1</b> 8/12/19	30 min CP BASIC 5	OFF	30 min CP BASIC 5	OFF	OFF	40 min CP	OFF
<b>2</b> 8/19/19	30 min CP BASIC 5	OFF	35 min CP BASIC 5	OFF	OFF	45 min CP	OFF
<b>3</b> 8/26/19	35 min CP BASIC 5	OFF	40 min CP BASIC 5	OFF	OFF	50 min CP	OFF
<b>4</b> 9/2/19 Recovery Week	30 min CP BASIC 5	OFF	30 min CP BASIC 5	OFF	OFF	40 min CP	OFF
<b>5</b> 9/9/19	40 min CP BASIC 5	OFF	40 min CP BASIC 5	OFF	OFF	60 min CP	OFF
<b>6</b> 9/16/19	40 min CP BASIC 5	OFF	45 min CP BASIC 5	OFF	OFF	65 min CP	OFF
<b>7</b> 9/23/19	40 min CP BASIC 5	OFF	45 min CP BASIC 5	OFF	OFF	45 min CP	OFF
<b>8</b> 9/30/19 Taper - Race Week	35 min CP	OFF	30 min CP	OFF	OFF	<b>Race Day!!</b>	

HIGHLIGHTED=Group Run    HIGHLIGHTED=Goal Race

CP = Conversational Pace – you should be able to speak in full sentences

**Decoding the Workout:**

- (1) Begin each workout with a 5 minute walk, followed by the 5 minute dynamic warm-up routine.
- (2) Finish the workout with a 5 minute cool down walk.
- (3) Do the BASIC 5 strength and balance routine.
- (4) Stretch if you need to.

*Our 10K plan is loosely based off the 10K training plans by Coach Jenny Hadfield. Check out [www.coachjenny.com](http://www.coachjenny.com) if you are interested in her plans for other distances.*