



## RUN 10K - EXPERIENCED NINE WEEK TRAINING PROGRAM

RUN 10K AT THE BRIDGE CITY BOOGIE

3 WORKOUTS PER WEEK. NEVER 2 DAYS IN A ROW.  
CROSS-TRAIN ON REST DAYS, BUT LEAVE AT LEAST ONE OR TWO  
DAYS OF TOTAL REST.

### WEEK ONE

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 5 times	50 - EZ
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times	60 - MED
	Optional: Cross train for 45 minutes (can be power walking, cycling, swimming, spin class and any low impact aerobic workout)	

**TIP:** The 10K program is for those who have run 10K before (or many 10K'S). We begin to introduce some technical running (hill training, speed play, trails). All 10K training is a walk 1/run 9 interval.

### WEEK TWO

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run / 6 times + 5 minute run	65 - LSD 10K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times	60 - MED

**TIP:** Always remember to walk in your warm up and cool down. Walking introduces your muscles to your workout and same goes to cooling down. Never stretch a muscle that is still 'firing'.

### WEEK THREE

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 7 times	70 - LSD
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 5-6 times	50-60 MED - Steady pace
4	Rest or cross-train aerobically - Low impact activities	40-50

**TIP:** Hydration. Always have water on your back and hydrate well before running and after running. Dehydration is often the cause of fatigue, headaches and injuries.

### WEEK FOUR

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 7 times + 5 minute run	75 - LSD - 12K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times / 3-4 fartleks halfway through workout	60 - MED
4	Rest or cross-train aerobically - Low impact activities	40-50

**TIP:** You are building past the 10k distance to ensure you run it strong and injury free. Make sure to keep the Runclub rules of healthy running) as above in the beginners and 10k programs.

### WEEK FIVE

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 7 times + 5 minute run 12k with hills. Power walk up hills or run & walk up. This builds strength in your running legs.	75 - LSD WITH HILLS
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times / 3-4 fartleks halfway through workout	60 - MED
4	Rest or cross-train aerobically - Low impact activities	40 - 60

**TIP:** Fartleks – informal speed play. Run fast / slow intervals of a playful distance ( e.g: tree to tree). Keep your motivation high by accepting the easy run days and the ones that are more of a challenge. Be passionate about your sport. On a rest day, rent a running movie. Suggestion: Saint Ralph. The wonderful story of a young boy who trains for the dream of keeping his mother alive.

### ACRONYMS:

LSD - Long, steady distance    EZ - Easy    MED - Medium

### WEEK SIX

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 8 times	80 - LSD - 13K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times / 3-4 fartleks halfway through workout	60 - MED
4	Rest or cross-train aerobically - Low impact activities	40 - 50

**TIP:** You are more than ready to Boogie. You have been running over 10K almost each week since the training started. Way to go!

### WEEK SEVEN

DAY	HOMEWORK - HOLD STEADY THIS WEEK INCREASE TO 70 MINS FOR YOUR LSD NEXT WEEK	TOTAL MINS
1	Walk 1 / Run 9 / 8 times	80 - LSD - 13K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times with 2 hills or trails	60 - MED
4	Rest or cross-train aerobically - Low impact activities	50 - 60

**TIP:** Holding steady at the 13K mark for your LSD run. Start to gradually include some hill training. Hills build strength and confidence.

### WEEK EIGHT

DAY	HOMEWORK - MAX THE TIME ON YOUR FEET FOR YOUR LSD RUN THIS WEEK	TOTAL MINS
1	Walk 1 / Run 9 / 9 times	90 - LSD - 14K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times with 4-5 fartleks	60 - MED
4	Rest or cross-train aerobically - Low impact activities	50 - 60

### WEEK NINE

DAY	HOMEWORK - 1 WEEK TO GO!	TOTAL MINS
1	Walk 1 / Run 9 for 10k	LSD
2	Walk 1 / Run 9 / 4 times	40 - TAPER
3	Walk 1 / Run 9 / 3 times	30 - TAPER

**TIP:** Eat well this week (but light) and especially the day before Boogie. No rich sauces, greasy foods or heavy proteins.

### FIVE IMPORTANT WALKING / RUNNING TIPS

1. Rest days: Put rest days in between run days - never go two days in a row.
2. Number one cause of injury is too much too soon, regardless of your running history. If you're just coming back to running this spring - ease back into it.
3. Number two cause of injury is worn-out or incorrect shoes for your feet. It is very important to be in a proper running shoe. Shop at a specialty running store where they really know running and shoes. If your shoes are past six months old, it's definitely time for some new ones. Your feet will love it and so will your running.
4. Warm up and cool down: Always warm up (walking) and cool down (walking) for each and every workout. Always stretch after you walk or run.
5. Don't ever run through pain: If you feel an owie coming on - STOP running. Never ever run through pain. An owie you can nip right away - if you run through it you turn that owie into an injury that wasn't necessary. Take necessary rest days for a quick recovery.