



RUN 10K 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 2 / Run 6.5 / 4 times + 5 minute walk	39 - EZ
2	Walk 2 / Run 5 / 6 times	42 - EZ
3	Walk 2 / Run 6.5 / 4 times	34 - MED

TIP: Grad program is 10k training at a great pace. If your schedule is over the top busy, this is a great pace to train for 10k. Grad program maxes out at a walk 2/run 8 by Week 8.

WEEK TWO

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 6.5 / 5 times + 5 minute run	47.5 - LSD Approx. 7k
2	Walk 2 / Run 6.5 / 5 times	42.5 - EZ
3	Walk 2 / Run 6.5 / 5 times + 5 minute walk	47.5 - MED

TIP: Next week we go up to the 7 min run interval with a 2 minute walk. Be excited – you're doing great!

WEEK THREE

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 7 / 6 times	54 - LSD
2	Walk 2 / Run 6 / 5 times	40 - EZ
3	Walk 2 / Run 7 / 5 times + 10 minute stronger walk	55 - MED

TIP: Periodizations — It's important to have a running program to follow and to include periodizations different goals, objectives and outcomes for the entire season. Keep it interesting and fun.

WEEK FOUR

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 7 / 6 times + 5 minute walk	59 - LSD
2	Walk 2 / Run 7 / 4 times + 4 minute walk or run	40 - EZ
3	Walk 2 / Run 7 / 6 times	54 - MED

TIP: Remember: Have three workouts per week and never two days in a row unless absolutely necessary. Your rest days are as important as your workout days. You may cross-train on rest days (low-impact), but leave at least one or two days of total rest.

WEEK FIVE

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 7.5 / 6 times + 5 minute walk	62 - LSD
2	Walk 2 / Run 7 / 5 times	45 - EZ
3	Walk 2 / Run 7.5 / 5 times	47.5 - MED

This program maxes out at a walk 2 / run 8 interval for 10K training and race day. This is base building and keeps your running fun.

TIP: Keep conversational on your runs. Make sure you can chit-chat to keep your training enjoyable. If you're feeling very out of breath, slow down. Running should always be a stress buster, never an added stress.

ACRONYMS:

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

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WEEK SIX

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 8 / 6 times + 5 minute walk	65 - LSD
2	Walk 2 / Run 8 / 4 times	40 - EZ
3	Walk 2 / Run 8 / 5 times	50 - MED

TIP: Make sure to start out nice 'n' easy on Boogie day. Try not to get caught up in the excitement- pace yourself so you have energy for the whole run.

WEEK SEVEN

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 8 / 6 times + 5 minute walk	65 - LSD
2	Walk 2 / Run 8 / 4 times	40 - EZ
3	Walk 2 / Run 8 / 5 times	50 - MED

TIP: This gradual 10K program is all about running a strong, safe and injury free 10K on Boogie Day (June 8). The walk breaks ensure your building your base safely and with confidence. Plus they make running a whole lot more fun!

WEEK EIGHT

DAY	HOMEWORK MAX THE TIME ON YOUR FEET FOR YOUR LSD RUN THIS WEEK	TOTAL MINS
1	Walk 2 / Run 8 / 7 times	70 - LSD
2	Walk 2 / Run 8 / 4 times	40 - EZ
3	Walk 2 / Run 8 / 6 times	65 - MED

WEEK NINE

DAY	HOMEWORK - ONLY 1 WEEK TO GO!	TOTAL MINS
1	Walk 2 / Run 8 / 6 times + 5 minute walk	9-10k Approx. Boogie Dry Run - LSD
2	Walk 2 / Run 8 / 3 times	30 - TAPER
3	Walk 2 / Run 8 / 3 times	30 - TAPER

TIP: Healthy running means tapering before your goal run. The training is done and now it's time to rest. Boogie is the icing on the cake and a day to feel proud of your commitment to self.

FIVE IMPORTANT WALKING / RUNNING TIPS

- Rest days: Put rest days in between run days - never go two days in a row.
- 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.
- 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.
- 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.
- 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.