InTraining - LearnToRun10K Program

LearnToRun10K

The LearnToRun10K program is designed for anyone who is interested in learning to run, or who has not been consistently running for the past three months. The change-of-pace method of training will have you starting out with more walking than running, but will gradually increase in intensity throughout the 13 weeks of the program so that you are prepared to safely & comfortably complete the Vancouver Sun Run 10K distance.

You should choose LearnToRun10K if your goal is to RUN, and one or more of the following apply to you:

a. I have never run before
b. I have done very minimal running in the past 3 months
c. I am not comfortable with a 10-15 min. run interval
d. I am not concerned about increasing my run pace

WEEK 1

SESSION 1- 34 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 1 min. Walk 2 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 28 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 1 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 31 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 1 min. Walk 2 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

WEEK 2

SESSION 1- 38 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 2 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 31 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 1 min. Walk 2 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 34 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

WEEK 3

SESSION 1 - 45 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 2 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 34 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 40 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

WEEK 4

(Easy Recovery Week)
SESSION 1 - 40 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 30 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 2 min.
Do this 5 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 40 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

WEEK 5
SESSION 1 - 46 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 9 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 34 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 1 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 42 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

WEEK 6
SESSION 1 - 50 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Run 5 min. Walk 1 min.
Do this combination 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 38 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 50 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 10 times.
Cool-down: Walk slow & easy 5 min.

WEEK 7
SESSION 1 - 52 MINUTES OR 5KM
Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Do this 7 times or repeat pattern over the 5K distance
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 40 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 50 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

WEEK 8
(Easy Recovery Week)
SESSION 1 - 50 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 8 times
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 38 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 46 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 1 min.
Do this 12 times.
Cool-down: Walk slow & easy 5 min.

WEEK 9 - Hill Training
SESSION 1 – 65-75 MINUTES
**Find a hill that has an incline of approx. 25 degree*
Warm-up: Walk slow & easy 10 min.
Run 1 min. uphill, followed by a slow & easy recovery walk back downhill.
Do this 10 times.
Using the same hill, do a 30 sec. run uphill, followed by a slow & easy recovery walk back down.
Do this 8 times.
Cool-down: Walk slow & easy 10 min.
SESSION 2 – 40 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 55 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 9 times

Cool-down: Walk slow & easy 5 min.

WEEK 10
SESSION 1 - 58 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Run 3 min. Walk 1 min.
Run 1 min. Walk 1 min.
Do this combination 4 times
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 45 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 55 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 9 times.
Cool-down: Walk slow & easy 5 min.

WEEK 11
SESSION 1 - 70 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Run 8 min. Walk 1 min.
Do this combination 4 times
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 55 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 9 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 64 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Do this 9 times.
Cool-down: Walk slow & easy 5 min.

WEEK 12
(Easy Recovery Week)
SESSION 1 – 61 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Run 10 min. Walk 1 min.
Do this combination 3 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 40 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 52 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

WEEK 13
SESSION 1 – 54 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 10 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 – 40 MINUTES
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 – 45 MINUTES
Walk slow & easy 5 min
Run 8 min. Walk 1 min.
Do this 4 times
Walk slow & easy 5 min

Pacing Practice: Use the final session to practice your goal pace for your 10K.

Focus on running at a steady, comfortable effort.

Hydration & Gear: Test your hydration plan and wear the gear you plan to use on event day.

Visualize Success: Picture yourself crossing the finish line strong and confident!