InTraining - Run10K Program

Run10K

The Run10K program is an intermediate progression for those who would like to work up to the Run10KStronger program, or for those who are ready to incorporate a faster run pace into their training, but still enjoy the walk recoveries. Your goal for following this program will be to simply feel more comfortable when you run, and prepare you to complete the Vancouver Sun Run 10K with quicker RunWalk Combinations. THIS IS NOT A LEARN TO RUN PROGRAM! If you have not been running for 3 months or longer, or are not comfortable with a 10K distance, then please choose the LearnToRun10K Program

You should choose **Run10K** if your goal is to RUN, and one or more of the following apply to you:

a. I have completed the LearnToRun10K Program or a recent 10K distance
b. I have been consistently running (min. 1-2 times per week) in the past 3 months
c. I am comfortable with a 10-15 min. run interval
d. I would like to work on increasing my run pace
e. During my training sessions, I want walking recovery intervals

WEEK 1

SESSION 1 - 44 MIN.
Warm-up: Easy run 1 min. Walk 1 min. (x5)
3 min brisk run - 2 min recovery walk
2 min brisk run - 2 min recovery walk
1 min brisk run - 2 min recovery walk
Do this combination 2 times
Cool-down: Easy run 1 min. Walk 1 min. (x5)

SESSION 2 - 30 MIN.
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 - 35 MIN.
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 5 times.
Cool-down: Walk slow & easy 5 min.

WEEK 2

SESSION 1 44 MIN.
Warm-up: Easy run 1 min. Walk 1 min. (x5)
2 min brisk run - 2 min recovery walk
Do this 6 times.
Cool-down: Easy run 1 min. Walk 1 min. (x5)

SESSION 2 30 MIN.
Warm-up: Walk slow & easy 5 min.

Run 4 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

WEEK 3

SESSION 1 - 50 MIN.
Warm-up: Easy run 1 min. Walk 1 min. (x5)
1 min brisk run - 2 min recovery walk.
Do this 10 times.
Cool-down: Easy run 1 min. Walk 1 min. (x5)

SESSION 2 - 30 MIN.
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 - 45 MIN.
Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

WEEK 4

(Easy Recovery Week)
SESSION 1 45 MIN.
Warm-up: Easy run 1 min. Walk 1 min. (x5)
Run 4 min. Walk 1 min.
Run 9 min. Walk 1 min.

Run 9 min. Walk 1 min.
Cool-down: Easy run 1 min. Walk 1 min. (x5)

SESSION 2 30 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 5
SESSION 1 55 MIN.
Warm-up: Easy run 3 min. Walk 2 min. (x2)
5 min brisk run - 2 min recovery walk.
Do this 5 times.
Cool-down: Easy run 3 min. Walk 2 min. (x2)

SESSION 2 30 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 6
SESSION 1 - 60 MIN.
Warm-up: Easy run 3 min. Walk 2 min. (x2)
40 min. change-of-pace Fartlek as you feel.
Cool-down: Easy run 3 min. Walk 2 min. (x2)

SESSION 2 - 30 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.
SESSION 3 - 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 7
SESSION 1 - 50 MIN OR 5K
Warm-up: Easy run 3 min. Walk 2 min. (x2)
30 min. run or 5K distance (as you feel)
Cool-down: Easy run 3 min. Walk 2 min. (x2)

SESSION 2 - 30 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 - 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 8
(Easy Recovery Week)
SESSION 1 - 60 MIN.
Warm-up: Easy run 3 min. Walk 2 min. (x2)
Easy run 9 min. Walk 1 min.
Do this 4 times.
Cool-down: Easy run 3 min. Walk 2 min. (x2)

SESSION 2 - 30 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 - 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 9 - Hill Training
SESSION 1 65 – 75 MIN.
**Find a hill that has an incline of approx. 25 degree*
Warm-up: Run slow & easy 10 min.
1 min. brisk run uphill – slow & easy recovery walk downhill.
Do this 10 times.
30 sec. brisk run uphill – slow & easy recovery walk downhill.
Do this 8 times.
Cool-down: Run slow & easy 10 min.

SESSION 2 - 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 30 minutes as you feel.
OR
Run 9 min. Walk 1 min. (3 times)
Cool-down: Walk slow & easy 5 min.

SESSION 3 - 50 MIN.
Warm-up: Walk slow & easy 5 min.
Run 40 minutes as you feel.
OR
Run 9 min. Walk 1 min. (4 times)
Cool-down: Walk slow & easy 5 min.

WEEK 10
SESSION 1 - 65 MIN.
Warm-up: Run 4 min. Walk 1 min. (x2)
5 min brisk run - 2 min recovery walk.
3 min brisk run - 2 min recovery walk.
1 min brisk run - 2 min recovery walk.
Do this combination 3 times.
Cool-down: Run 4 min. Walk 1 min. (x2)

SESSION 2 - 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 50-60 MIN.
Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 4-5 times.
Cool-down: Walk slow & easy 5 min.

WEEK 11
SESSION 1 - 70 MIN.
Warm-up: Run 4 min. Walk 1 min. (x2)
3 min brisk run - 2 min recovery walk.
Do this combination 10 times.
Cool-down: Run 4 min. Walk 1 min. (x2)

SESSION 2 - 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 30 minutes as you feel
OR
Run 9 min. Walk 1 min. (3 times)
Cool-down: Walk slow & easy 5 min.

SESSION 3 60-70 MIN.
Warm-up: Walk slow & easy 5 min.
Run 50-60 minutes as you feel.
OR
Run 9 min. Walk 1 min. (5-6 times)
Cool-down: Walk slow & easy 5 min.

WEEK 12
SESSION 1 - 60 MIN.
Warm-up: Run 4 min. Walk 1 min. (x2)
Run 9 min. Walk 1 min.
Do this 4 times.
Cool-down: Run 4 min. Walk 1 min. (x2)

SESSION 2 - 30 MIN.
Warm-up: Walk slow & easy 5 min.
Run 20 minutes as you feel.
Cool-down: Walk slow & easy 5 min.

SESSION 3 - 40 MIN.
Warm-up: Walk slow & easy 5 min.
Run 30 minutes as you feel.
Cool-down: Walk slow & easy 5 min.

WEEK 13
SESSION 1 - 44 MIN.
Warm-up: Run slow & easy 10 min.
3 min brisk run - 2 min recovery walk
2 min brisk run - 2 min recovery walk
1 min brisk run - 2 min recovery walk
Do this combination 2 times.
Cool-down: Run slow & easy 10 min.

SESSION 2 - 30 MIN.
Warm-up: Walk slow & easy 5 min.
Run 20 minutes as you feel.
Cool-down: Walk slow & easy 5 min.

SESSION 3 - 45 MIN.
Warm-up: Run slow & easy 10 min
8 min run - 1 min recovery walk
5 min run - 1 min recovery walk
3 min run - 1 min recovery walk
Cool-down Run slow & easy for 10 min

Pacing Practice: Focus on maintaining a steady, sustainable pace to mimic event day.

Hydration Strategy: Use this session to test hydration plans and ensure you feel comfortable.

Mental Prep: Visualize your finish line moment and reflect on how far you've come!