InTraining - Run10KStronger

Run10KStronger
This program is designed for participants who have previously completed the LearnToRun10K or RunWalk10K program, and/or are already running for 30 minutes per session approximately three times a week. Utilizing a change-of-pace method of training, you will work on increasing your endurance, stamina, and speed by alternating between brisk & recovery-paced intervals.

You should choose **Run10KStronger** if your goal is to RUN, and one or more of the following apply to you:

a. I have completed the LearnToRun10K Program, RunWalk10K Program, or a recent 10K distance
b. I have been consistently running (min. 2-3 times per week) in the past 3 months
c. I am comfortable with a 30 min. run interval
d. I would like to work on increasing my run pace
e. During my training sessions, I want slow jog recovery intervals

WEEK 1
SESSION 1 – 44 MINUTES
Warm-up: Run slow & easy 10 min.
3 min. brisk run - 2 min. recovery run
2 min. brisk run - 2 min. recovery run
1 min. brisk run - 2 min. recovery run
Repeat this combination 2 times.
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20 min.
Cool-down: Run slow & easy 5 min.

SESSION 3 – 35 MINUTES
Warm-up: Run slow & easy 5 min.
Run 25 min.
Cool-down: Run slow & easy 5 min.

WEEK 2
SESSION 1 – 44 MINUTES
Warm-up: Run slow & easy 10 min.
2 min. brisk run - 2 min. recovery run
Do this combination 6 times.
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20 min.
Cool-down: Run slow & easy 5 min.

SESSION 3 – 40 MINUTES
Warm-up: Run slow & easy 5 min.

Run 30 min.
Cool-down: Run slow & easy 5 min.

WEEK 3
SESSION 1 – 50 MINUTES
Warm-up: Run slow & easy 10 min.
1 min. brisk run - 2 min. recovery run
Do this combination 10 times.
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20 min.
Cool-down: Run slow & easy 5 min.

SESSION 3 – 45 MINUTES
Warm-up: Run slow & easy 5 min.
Run 35 min.
Cool-down: Run slow & easy 5 min.

WEEK 4
(Easy Recovery Week)
SESSION 1 – 45 MINUTES
Warm-up: Run slow & easy 10 min.
Easy 25 min run
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20 min.
Cool-down: Run slow & easy 5 min

SESSION 3 – 40 MINUTES
Warm-up: Run slow & easy 5 min.
Run 30 min.
Cool-down: Run slow & easy 5 min.

WEEK 5

SESSION 1 – 55 MINUTES
Warm-up: Run slow & easy 10 min.
5 min. brisk run - 2 min. recovery run
Do this 5 times.
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20 min.
Cool-down: Run slow & easy 5 min.

SESSION 3 – 40-50 MINUTES
Warm-up: Run slow & easy 5 min.
Run 30-40 min. as you feel.
Cool-down: Run slow & easy 5 min.

WEEK 6
SESSION 1 – 60 MINUTES
Warm-up: Run slow & easy 10 min.
40 min. change-of-pace Fartlek as you feel
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30-40 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20-30 min. as you feel.
Cool-down: Run slow & easy 5 min

SESSION 3 – 40-50 MINUTES
Warm-up: Run slow & easy 5 min.
Run 30-40 min. as you feel.
Cool-down: Run slow & easy 5 min

WEEK 7
SESSION 1 – 50 MINUTES OR 5K
Warm-up: Run slow & easy 10 min.
30 min. run or 5K distance.
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30-40 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20-30 min. as you feel.
Cool-down: Run slow & easy 5 min.

SESSION 3 – 50-60 MINUTES
Warm-up: Run slow & easy 5 min.
Run 40-50 min. as you feel.
Cool-down: Run slow & easy 5 min.

WEEK 8
(Easy Recovery Week)
SESSION 1 – 60 MINUTES
Warm-up: Run slow & easy 10 min.
Easy 40 minute run.
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20 min.
Cool-down: Run slow & easy 5 min.

SESSION 3 – 40 MINUTES
Warm-up: Run slow & easy 5 min.
Run 30 min.
Cool-down: Run 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: Run slow & easy 10 min.
Brisk run 1 min. uphill, followed by a slow & easy recovery run back downhill.
Do this 10 times.
Using the same hill, do a 30 sec. brisk run uphill, followed by a slow & easy recovery run back down.
Do this 8 times.
Cool-down: Run slow & easy for 10 min.

SESSION 2 – 40-50 MINUTES
Warm-up: Run slow & easy 5 min.
Run 30-40 min. as you feel
Cool-down: Run slow & easy 5 min.

SESSION 3 – 50-60 MINUTES
Warm-up: Run slow & easy 5 min.
Run 40-50 min. as you feel
Cool-down: Run slow & easy 5 min.

WEEK 10
SESSION 1 – 65 MINUTES
Warm-up: Run slow & easy 10 min.
5 min. brisk run - 2 min. recovery run
3 min. brisk run - 2 min. recovery run
1 min. brisk run - 2 min. recovery run
Do this combination 3 times.
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30-40 MINUTES

Warm-up: Run slow & easy 5 min.
Run 20-30 min. as you feel
Cool-down: Run slow & easy 5 min.

SESSION 3 – 50-60 MINUTES
Warm-up: Run slow & easy 5 min.
Run 40-50 min. as you feel
Cool-down: Run slow & easy 5 min.

WEEK 11
SESSION 1 – 70 MINUTES
Warm-up: Run slow & easy 10 min.
3 min. brisk run -2 min. recovery run
Do this combination 10 times.
Cool-down: Run slow & easy 10 min

SESSION 2 – 30-40 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20-30 min. as you feel
Cool-down: Run slow & easy 5 min.

SESSION 3 – 60-70 MINUTES
Warm-up: Run slow & easy 5 min.
Run 50-60 min. as you feel
Cool-down: Run slow & easy 5 min.

WEEK 12
(Easy Recovery Week)
SESSION 1 – 60 MINUTES
Warm-up: Run slow & easy 10 min.
Easy 40 min. run
Cool-down: Run slow & easy 10 min.

SESSION 2 – 30-40 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20-30 min. as you feel.
Cool-down: Run slow & easy 5 min.

SESSION 3 – 40-50 MINUTES
Warm-up: Run slow & easy 5 min.
Run 30-40 min. as you feel.
Cool-down: Run slow & easy 5 min

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

SESSION 2 – 30 MINUTES
Warm-up: Run slow & easy 5 min.
Run 20 min.
Cool-down: Run slow & easy 5 min.

SESSION 3 – 45 MINUTES
Warm-up: Run slow & Easy 10 min
10 min run at 10K pace
5 min brisk run
5 min slow & easy recovery run
10 min run at 10K pace
Cool-down Run Slow & easy 10min

Focus on Consistency: Practice steady pacing at your goal effort level, aiming for smooth and efficient running.

Gear and Hydration Check: Use this session to ensure your gear and hydration strategy are event-ready.

Build Confidence: Reflect on how much stronger and more prepared you feel since starting the program.