

2017 Proud to Run 10k Training Programs

Advanced

This program challenges runners to step outside their comfort zone with various high-intensity drills. Use this program if you're an experienced runner with ambitious speed goals.

"Easy" refers to a slow, conversational pace (Low)

Running at this pace should allow for easy conversations, controlled breathing, and a consistent cadence. Runners should finish these runs with an elevated heart rate, but otherwise fine. To calculate this pace, take your goal pace and slow it down by about 90 seconds per mile.

"Pace" refers to your anticipated race pace (Moderate)

This is a pace that you can comfortably hold for an hour, but after which will begin to feel challenging. To calculate this pace, take your goal pace and slow it down by 45-60 seconds per mile.

"Tempo" is approx. 30 seconds slower than 10k pace (High)

Tempo runs are run just before our comfort threshold. These will accelerate your bloodflow and breathing such that you will finish tired but not exhausted. This pace should be 20-30 seconds slower than your goal time.

"Speed" is approx. 30 seconds slower than 5k pace (Very High)

Speed runs are run well beyond our threshold for comfort. These will improve your tolerance for high aerobic output but are meant for shorter distances and interval training. For intervals, your pace should be at or just slightly faster than 5k pace. For 3-5 mile runs, runners should aim to run 15-30 seconds slower than 5k pace per mile.

Activity	Miles
Kickoff Run	4
Rest	-
Total Weekly Miles	4

Activity	Miles
Rest	-
Easy Run	5
800 Repeats (6 @ 10k Pace)	5
Rest	-
Easy Run	6
Cross Training (35 min Stationary Bike)	-
Easy Run	8

Total Weekly Miles	24
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Activity	Miles
Rest	-
Easy Run	5
Hill Repeats (5 @ 6° Incline)	6
Pace Run	6
Cross Training (30 min Stationary Bike)	
Rest	-
Easy Run	10
Total Weekly Miles	27

Activity	Miles
Rest	-
Speed Run	3
Easy Run	8
Mile Repeats (6 @ 10k pace)	6
Cross Training (40 min Stationary Bike)	
Easy Run	4
Easy Run	8
Total Weekly Miles	29

Activity	Miles
Rest	-
Easy Run	6
1000 Repeats (6 @ 5k Pace)	5
Easy Run	6
Cross Training (30 min Stationary Bike)	
Tempo Run	5
Easy Run	8
Total Weekly Miles	30

Activity	Miles
Rest	-
Easy Run	7
Easy Run	7
Mile Repeats (6 @ 10k pace)	6
Cross Training (35 min Stationary Bike)	
Rest	-
Easy Run (last 3 miles @ race pace)	12
Total Weekly Miles	32

Activity	Miles
Rest	-
Easy Run	5

Tempo Run	8
Easy Run	4
Cross Training (30 min Stationary Bike)	
Easy Run	6
Easy Run	14
Total Weekly Miles	37

Activity	Miles
Rest	-
Hill Repeats (6 @ 6° Incline)	6
Easy Run	10
Tempo Run	6
Cross Training (40 min Stationary Bike)	
Rest	-
Easy Run	11
Total Weekly Miles	33

Activity	Miles
Rest	-
800 Repeats (8 @ 5k Pace)	8
Easy Run	8
Easy Run	4
Cross Training (40 min Stationary Bike)	
Easy Run	5
Easy Run (last 3 miles @ tempo pace)	15
Total Weekly Miles	40

Activity	Miles
Rest	-
800 Repeats (10 @ 5k Pace)	4
Easy Run	10
Speed Run	5
Cross Training (30 min Stationary Bike)	
Easy Run	8
Easy Run	13
Total Weekly Miles	40

Activity	Miles
Rest	-
Easy Run	5
Easy Run	8
Tempo Run	6
Cross Training (30 min Stationary Bike)	
Rest	-
Easy Run	10
Total Weekly Miles	29

Activity	Miles
Rest	-
Easy Run	4
Rest	-
Easy Run	6
Easy Run	4
Proud to Run 10k	6.2
Total Weekly Miles	20.2

Total Program Miles 341.2