

2017 Proud to Run 10k Training Programs

Intermediate

For runners looking to improve their 10K personal best, this program includes weekly tempo runs and features more mileage than the Novice program.

"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 a faster pace, but still in control (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 goal 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.

Activity	Miles
Kickoff Run	4
Rest	-
Total Weekly Miles	4

Activity	Miles
Rest	-
Easy Run	4
Easy Run	6
Rest	-
Pace Run	4
Cross Training (35 min Stationary Bike)	-
Easy Run	6
Total Weekly Miles	20

Activity	Miles
Rest	-
Easy Run	5
Tempo Run	6

Easy Run	4
Cross Training (30 min Stationary Bike)	
Rest	-
Easy Run	6
Total Weekly Miles	21

Activity	Miles
Rest	-
Easy Run	4
Pace Run	6
Easy Run	4
Cross Training (40 min Stationary Bike)	
Rest	-
Easy Run	8
Total Weekly Miles	22

Activity	Miles
Rest	-
Easy Run	4
Tempo Run	6
Easy Run	5
Cross Training (30 min Stationary Bike)	
Rest	-
Easy Run	8
Total Weekly Miles	23

Activity	Miles
Rest	-
Easy Run	5
Tempo Run	7
Easy Run	4
Cross Training (35 min Stationary Bike)	
Rest	-
Easy Run	8
Total Weekly Miles	24

Activity	Miles
Rest	-
Easy Run	4
Tempo Run	6
Pace Run	4
Cross Training (30 min Stationary Bike)	
Rest	-
Easy Run	8
Total Weekly Miles	22

Activity	Miles
Rest	-
Easy Run	6
Tempo Run	6
Easy Run	5
Cross Training (40 min Stationary Bike)	
Rest	-
Easy Run	8
Total Weekly Miles	25

Activity	Miles
Rest	-
Easy Run	6
Pace Run	8
Easy Run	6
Cross Training (40 min Stationary Bike)	
Rest	-
Easy Run	8
Total Weekly Miles	28

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

Activity	Miles
Rest	-
Easy Run	4
Pace Run	7
Easy Run	5
Cross Training (30 min Stationary Bike)	
Rest	-
Easy Run	6
Total Weekly Miles	22

Activity	Miles
Rest	-
Pace Run	4
Rest	-
Easy Run	4
Easy Run	4

Proud to Run 10k	6.2
Total Weekly Miles	18.2

Total Program Miles 254.2