

# 10K Training: 40 Minute 10K

(Recorded in Kilometers)

Blue Nose Marathon, May 21, 2017

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Feb 26 <b>OFF</b>	Feb 27 <b>OFF</b>	Feb 28 <b>6</b> Steady Run	Mar 1 <b>4</b> 5 x 400m Hills	Mar 2 <b>8</b> Steady Run	Mar 3 <b>8</b> Tempo	Mar 4 <b>8</b> Steady Run	34
2	Mar 5 <b>10</b> LSD (Walk/Run)	Mar 6 <b>OFF</b>	Mar 7 <b>6</b> Steady Run	Mar 8 <b>5</b> 6 x 400m Hills	Mar 9 <b>8</b> Steady Run	Mar 10 <b>8</b> Tempo	Mar 11 <b>8</b> Steady Run	45
3	Mar 12 <b>13</b> LSD (Walk/Run)	Mar 13 <b>OFF</b>	Mar 14 <b>6</b> Steady Run	Mar 15 <b>5.5</b> 7 x 400m Hills	Mar 16 <b>13</b> Steady Run	Mar 17 <b>13</b> Tempo	Mar 18 <b>6</b> Steady Run	56.5
4	Mar 19 <b>16</b> LSD (Walk/Run)	Mar 20 <b>OFF</b>	Mar 21 <b>6</b> Steady Run	Mar 22 <b>6</b> 8 x 400m Hills	Mar 23 <b>8</b> Steady Run	Mar 24 <b>8</b> Tempo	Mar 25 <b>8</b> Steady Run	52
5	Mar 26 <b>19</b> LSD (Walk/Run)	Mar 27 <b>OFF</b>	Mar 28 <b>8</b> Steady Run	Mar 29 <b>7</b> 9 x 400m Hills	Mar 30 <b>13</b> Steady Run	Mar 31 <b>13</b> Tempo	Apr 1 <b>8</b> Steady Run	68
6	Apr 2 <b>22</b> LSD (Walk/Run)	Apr 3 <b>OFF</b>	Apr 4 <b>10</b> Steady Run	Apr 5 <b>8</b> 10 x 400m Hills	Apr 6 <b>16</b> Steady Run	Apr 7 <b>13</b> Tempo	Apr 8 <b>8</b> Steady Run	77
7	Apr 9 <b>26</b> LSD (Walk/Run)	Apr 10 <b>OFF</b>	Apr 11 <b>8</b> Steady Run	Apr 12 <b>8</b> 4 x 400 m Speed	Apr 13 <b>16</b> Steady Run	Apr 14 <b>13</b> Tempo	Apr 15 <b>8</b> Steady Run	79
8	Apr 16 <b>19</b> LSD (Walk/Run)	Apr 17 <b>OFF</b>	Apr 18 <b>8</b> Steady Run	Apr 19 <b>8</b> 5 x 400 m Speed	Apr 20 <b>16</b> Steady Run	Apr 21 <b>13</b> Tempo	Apr 22 <b>8</b> Steady Run	72
9	Apr 23 <b>26</b> LSD (Walk/Run)	Apr 24 <b>OFF</b>	Apr 25 <b>8</b> Steady Run	Apr 26 <b>8.5</b> 6 x 400 m Speed	Apr 27 <b>16</b> Steady Run	Apr 28 <b>10</b> Tempo	Apr 29 <b>OFF</b>	68.5
10	Apr 30 <b>26</b> LSD (Walk/Run)	May 1 <b>OFF</b>	May 2 <b>8</b> Steady Run	May 3 <b>9</b> 7 x 400 m Speed	May 4 <b>16</b> Steady Run	May 5 <b>8</b> Tempo	May 6 <b>8</b> Steady Run	75
11	May 7 <b>26</b> LSD (Walk/Run)	May 8 <b>OFF</b>	May 9 <b>8</b> Steady Run	May 10 <b>9</b> 8 x 400 m Intervals	May 11 <b>8</b> Steady Run	May 12 <b>8</b> Tempo	May 13 <b>OFF</b>	59

## Pace Schedule

<i>Long Run (LSD)</i>	<i>Steady Run</i>	<i>Tempo/ Fartlek/Hills</i>	<i>Speed</i>	<i>Race</i>	<i>Walk Adjusted Race Pace</i>
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**To Complete  
0:40**

4:58 - 5:37	4:58	4:27	3:53	4:00	3:48
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Run/Walk Interval and Steady Run = 10 min Running/1 min Walking

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Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
	May 14	May 15	May 16	May 17	May 18	May 19	May 20	
12	<b>16</b> LSD (Walk/Run)	<b>OFF</b>	<b>6</b> Race Pace	<b>6</b> Race Pace	<b>6</b> Steady Run	<b>OFF</b>	<b>3</b> Steady Run	37
13	May 21 <b>10</b> Race							10
Pace Schedule		Long Run (LSD)	Steady Run	Tempo/ Fartlek/Hills	Speed	Race	Walk Adjusted Race Pace	

**To Complete  
0:40**

4:58 - 5:37      4:58      4:27      3:53      4:00      3:48

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## Workout

### Steady Run

Steady run is a run below **targeted** race pace. Run at comfortable speed; if in doubt, go slow. The run is broken down into components of running and walking. Based upon the clinic, the ratio of running to walking will change.

In the **5km and 10km clinics** the Running Room now use the run/walk formula (10 & 1) on all runs, which includes regular steady weekday runs. We do not encourage participants to run continuous at these levels but prefer the walk/run approach. In the Marathon and Half Marathon programs walk breaks are optional during the week but not optional on the long run (Sunday), they must be a part of the program. They are a great way to keep you consistent in your training.

- To develop stamina, build strength and pace judgment.
- Improves your confidence.

### Hills

Hill training combines the benefits of both interval and speed training. It develops strength and increases max VO2. Hills can be run over a variety of distances and grades and can be combined with longer runs.

- Hills can be run as repeats or as hilly runs.
- Downhill running can be used to help develop leg speed and to train for specific races containing lots of hills.
- Great care must be taken when designing downhill workouts, as they are significant sources of injury.
- 80% MHR

### Question

Hi John  
Why are hills scheduled for Wednesday and not other days of the week?

### Answer:

In my book Running Room's Book on Running Running, in our clinic manuals and on the schedules on our website, we do hills on Wednesday. We build into our program periodization. (Periods of stress and rest). Changing the hill night would be like changing the long run, You would have to adapt the whole weeks training to build in adequate periodization to avoid the risk of injury. Hope this answers your question, stay running stay having fun!

*John Stanton*

### Tempo

These workouts are intended to be near the lactate threshold pace, 80% MHR.

1. They are designed to improve the lactate threshold for the athlete, in other words - to help people move faster.
2. Tempo workouts should stress the body at a specific intensity level - not more, not less. The workout should ideally take place on smooth, flat terrain under relatively calm weather conditions.
3. Tempo workouts are typically of 20-30 minute non-stop duration with a warm up and cool down added. Alternatively, tempo repeats can consist of a few shorter sets of tempo intervals with a short rest between them. In this way, tempo workouts can be increased to 30-50 minutes overall.
4. Experience has taught that optimum benefit is gained by staying within these ranges. More does not necessarily mean better and in this case, overstress and even injury could be the result.

### Question:

Hi John, Why do we have 2 hard days in a row for example a Tempo run scheduled for Tuesday & Wednesday and or a tempo run followed by a hill repeat day? Isn't this too much without a rest?

### Answer:

In my book Running Room's Book on Running, in all of our clinic manuals and the schedules on our website we do Tempo Runs on Tuesday & Wednesday

### LSD (Walk/Run)

**Long Slow Distance runs are the corner-stone of any distance training program.**

- Take a full minute to walk for every 10 minutes of running.
- These runs are meant to be done much slower than race pace so don't be overly concerned with your pace.
- To increase capillary network in your body and raise anaerobic threshold.
- Mentally prepares you for long races.

### Pace

- The pace show on the LSD (walk/run) day includes the walk time. It is walk adjusted!
- This program provides an upper end (slow) and bottom end (fast) pace to use as a guideline.
- The upper end pace is preferable as it will keep you injury free. Running at the bottom end pace is a common mistake many runners. They try to run at the maximum pace which is an open invitation to injury.
- I know of very few runners who have been injured from running too slow but loads of runners who incurred injuries by running too fast.
- In the early stages of the program it is very easy to run the long runs too fast, but like the marathon or half marathon the long runs require discipline and patience.

night and then follow a Tempo Run with a Hill Repeat day later on in the program. Now this may seem like a lot but we do have a reason for this.

We build into our program periodization. (Periods of stress and rest). We at times inject a period of 'stress' into the program by having 2 back to back days of harder workouts but never more than 2 days.

Hope this answers your question, stay running stay having fun!

*John Stanton*

"Practice your sense of pace by slowing the long runs down you will recover faster and remain injury free"

*John Stanton*

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## Speed

Speed training is intended to develop muscle strength, increase leg turnover and improve mechanical efficiency.

- The pace is faster than the max VO<sub>2</sub> level. Since the primary purpose is to increase strength as opposed to endurance, recovery periods between sets should be long so that no accumulation of lactic acid occurs.
- A typical workout might be 8 to 12 by 400m. Intervals at a pace 20 to 30 seconds per mile faster than 5K race pace with a 1:3 work/recovery ratio.
- Runners training for shorter distance races will shorten the recovery periods the closer they get to their target race in order to also train the lactate tolerance system.

## Intervals

**Definition:** repeated or intermittent work efforts that are often above steady state intensity, followed by recovery effort.

**Interval:** repeating cardio respiratory work efforts that are often performed at intensities higher than those achieved during continuous training.

**Recovery:** time during which the respiratory activity is performed at a relatively low intensity and follows effort intervals.

**Set:** begins when the duration of a previous effort or recovery interval changes.

Benefits:

- Increased Aerobic Endurance
  - Increased Endurance of muscle fibre
  - Increased total calorie & fat utilization
  - Increased exercise compliance
- Variety and fun**
- Challenging physiological overload
  - Decreased chance of overuse injuries
  - Increased focus and concentration
- Increased intensity in manageable doses
  - Maximization of time

While everyone can benefit from regular, moderately vigorous exercise; high-intensity exercise is more appropriate for those with a solid base of physical endurance who desire to achieve additional improvements. It is not appropriate for men and women without prior exercise experience or who have fairly low fitness levels. For the inexperienced, high-intensity can, and often does, lead to injury.

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## Race Pace

To train the body to run at exactly the pace and intensity that will be required during the target race.

- When the body and mind adapt to this pace during training, the actual race seems to require less effort and stress, at least in the early miles!
- To train the body to tolerate increasing levels of lactic acid.
- To develop stamina and pace judgment.
- Improves your confidence.

## Walk Adjusted Race Pace

How do we arrive at a Walk Adjusted race pace? When you are walking, you are moving slower than your average run pace. When you are running, you are moving faster than your average walk pace. The walk adjusted race pace factors in the variation in walking and running speed.

The challenge is knowing the average speed of your walking pace. We have devised a formula to calculate moderate walk pace, which allows us to determine the exact splits including running and walking pace. The effect of this calculation is that the run pace is faster per kilometer faster than the average race pace. However when calculated with your walk pace you will end up with your target race pace.

You can go on-line at [Runningroom.com](http://Runningroom.com) and print out your Walk Adjusted pace bands for race day!

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## Race

### Race Day!

This is what you have been anticipating since day #1.  
Good Luck!