

MHAS Fun Run Intermediate 10K Training Program

This program is designed for experienced runner looking to run the 10K at the MHAS Fun Run. This runner should be able to currently run 30' continuous 3 times per week without problems. Each workout is listed below. Each workout should be followed with a light stretching session

Week 1	Week 5	
Foundation Run: 20' steady comfortable run	Foundation Run: 30' steady comfortable run	
Hill Run: 10' w/u, 4 x 1' uphill 1' downhill easy, 5' c/d	Interval Run: 10' w/u, 4 x 3' fast 1' easy, 10' c/d	
Recovery Run: 10' super easy	Recovery Run: 15' super easy	
Long Run: 30' continuous easy	Long Run: 45' continuous easy	
Week 2	Week 6	
Foundation Run: 22' steady comfortable run	Foundation Run: 35' steady comfortable run	
Hill Run: 10' w/u, 5 x 1' uphill 1' downhill easy, 5' c/d	Tempo Run: 10' w/u, 20' tempo pace, 10' c/d	
Recovery Run: 12' super easy	Recovery Run: 20' super easy	
Long Run: 35' continuous easy	Long Run: 50' continuous easy	
Week 3	Week 7	
Foundation Run: 25' steady comfortable run	Foundation Run: 40' steady comfortable run	
Hill Run: 10' w/u, 6 x 1' uphill 1' downhill easy, 5' c/d	Interval Run: 10' w/u, 6 x 3' fast 1' easy, 10' c/d	
Recovery Run: 15' super easy	Recovery Run: 20' super easy	
Long Run: 40' continuous easy	Long Run: 60' continuous easy	
Week 4	Week 8	
Foundation Run: 20' steady comfortable run	Foundation Run: 20' steady comfortable run	
Tempo Run: 10' w/u, 10' tempo pace, 10' c/d	Interval Run: 10' w/u, 3 x 3' race pace effort 1' easy, 5' c/d	
Recovery Run: 10' super easy	Pre-Race Run: 15' super easy include 4 x 20" fast 1'40" easy	
Long Run: 30' continuous easy	MHAS Fun Run 10k	
Tempo Run: 5"/km slower than 10k pace Long Run: Comfortable conversation pace Recovery Run: Super easy pace		

- Now that you have a few years of running under your belt you may want to challenge yourself and see how quickly you can cover the 10k distance. Although your cardiovascular system is ready to progress, tissues such as bone, ligament, muscle, and tendon need time to adapt to the increase in training intensity ... this progression will take 8 weeks to get race ready. Do not rush the process. Be patient and progressive.
- Incorporate running drills into your warm up with each run to refine your running stride.
- Be sure to target between 172-184 steps per minute. Those steps should be quick and light.
- Be sure to hydrate well throughout the day, and recover well with a light snack within 20' of completion your run.
- Engage in a daily stretching and stability routine.
- Use a cross training activity to complete your training program 1-2x/week (cycling or aqua jogging)

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