

TRAINING PLAN / 10K RACE TO THE FINISH

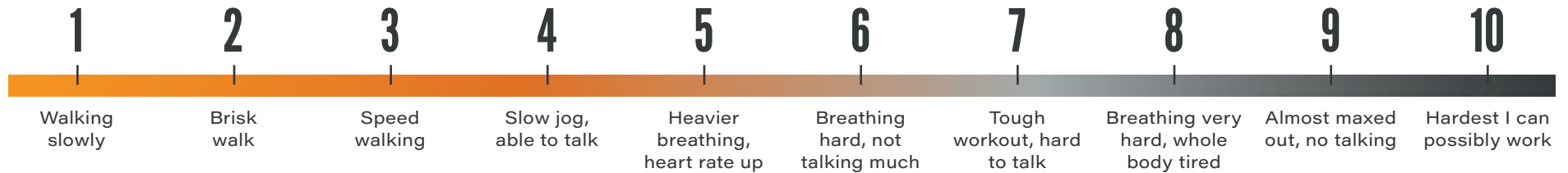


WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	RECOVERY <input type="checkbox"/>	EASY RUN 4 miles at 4-5 pace or attend 1st Training Event <input type="checkbox"/>	STRENGTH Workout A (Optional 2 mile easy run) <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	EASY RUN 4 miles at 4-5 pace <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 6 miles at 4-5 pace <input type="checkbox"/>
2	RECOVERY <input type="checkbox"/>	STRENGTH Workout B (Optional 2 mile easy run) <input type="checkbox"/>	SPEED Workout 1 (See back) <input type="checkbox"/>	STRENGTH Workout A <input type="checkbox"/>	BASE RUN 5 miles at 4-5 pace <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 6 miles at 4-5 pace <input type="checkbox"/>
3	RECOVERY <input type="checkbox"/>	STRENGTH Workout B (Optional 2 mile easy run) <input type="checkbox"/>	SPEED Workout 2 or attend 2nd Training Event <input type="checkbox"/>	STRENGTH Workout A <input type="checkbox"/>	BASE RUN 5 miles at 4-5 pace <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 7 miles at 4-5 pace <input type="checkbox"/>
4	RECOVERY <input type="checkbox"/>	STRENGTH Workout B (Optional 2 mile easy run) <input type="checkbox"/>	SPEED Workout 3 (See back) <input type="checkbox"/>	STRENGTH Workout A <input type="checkbox"/>	HILLS 6 miles at 4-5 pace on rolling hills <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 7 miles at 4-5 pace <input type="checkbox"/>
5	RECOVERY <input type="checkbox"/>	SPEED Workout 4 (See back) <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	STRENGTH Workout B or attend 3rd Training Event <input type="checkbox"/>	HILLS 5 miles at 4-5 pace on rolling hills <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 8 miles at 4-5 pace <input type="checkbox"/>
6	RECOVERY <input type="checkbox"/>	STRENGTH Workout A (Optional 2 mile easy run) <input type="checkbox"/>	SPEED Workout 5 (See back) <input type="checkbox"/>	STRENGTH Workout B <input type="checkbox"/>	HILLS 5 miles at 4-5 pace on rolling hills <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 8 miles at 4-5 pace on rolling hills <input type="checkbox"/>
7	RECOVERY <input type="checkbox"/>	SPEED Workout 6 (See back) <input type="checkbox"/>	RECOVERY Join us for the 4th Training Event <input type="checkbox"/>	HILLS 6 miles at 4-5 pace on rolling hills <input type="checkbox"/>	STRENGTH Workout A (Optional 2 mile easy run) <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 8 miles at 4-5 pace on rolling hills <input type="checkbox"/>
8	RECOVERY <input type="checkbox"/>	STRENGTH Workout B <input type="checkbox"/>	EASY RUN 6 miles at 4-5 pace <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	EASY RUN 3 miles at 4-5 pace <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONGHORN RUN RACE DAY! <input type="checkbox"/>

See the following page for pace chart and strength/speed workout routines.

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PACE CHART



STRENGTH ROUTINES

WORKOUT A

EXERCISE	WEIGHT	REPS	SETS
SINGLE LEG STAND AND TOUCH	Body - Body+40 lbs	x10	3 Sets
PUSHUPS	Body	x10	3 Sets
PLANK	Body	:45	3 Sets
ARM CURLS WITH DUMBBELLS	10-20 lbs	x10	3 Sets
STEP-UP LUNGES	Body-Body+40 lbs	x15	3 Sets
TRICEP EXTENSIONS	10-20 lbs	x10	3 Sets
DOWNWARD FACING DOG TO PLANK	Body	x15	3 Sets
SHOULDER FORWARD RAISES	8 lbs - 20 lbs	x10	3 Sets
LATERAL LEG RAISES	Body	x15	3 Sets
HIP THRUSTS	Body	x15	3 Sets
BICYCLE KICKS	Body	x30	3 Sets

WORKOUT B

EXERCISE	WEIGHT	REPS	SETS
SQUATS	Body - Body+40 lbs	x15	3 Sets
PUSHUPS	Body	x10	3 Sets
CALF RAISES	Body	x15	3 Sets
SHOULDER PRESS	10 lbs - 25 lbs	x10	3 Sets
PLANK	Body	:30-1:00	3 Sets
DONKEY KICKS	Body	x15	3 Sets
LATERAL SHOULDER RAISES	5 lbs - 20 lbs	x10	3 Sets
STEP UPS	Body - Body+40 lbs	x10	3 Sets
OBLIQUE CRUNCHES	Body	x15	3 Sets
TOE TAPS	Body	x25/foot	3 Sets

SPEED WORKOUTS

1 WORKOUT 1

2 miles at 4-5 pace
4x400 at 7-8 pace with 2 minute rest in between
1 mile 4-5 pace

2 WORKOUT 2

2 miles at 4-5 pace
6x400 at 7-8 pace with 2 minute rest in between
1.5 miles 4-5 pace

3 WORKOUT 3

1 mile 4-5 pace
3x 1 mile at 7-8 pace with 2 minute rest in between
1 mile 4-5 pace

4 WORKOUT 4

2 miles 4-5 pace
4x600 at 7-8 pace with 2 minute rest in between
1.5 miles 4-5 pace

5 WORKOUT 5

2 miles 4-5 pace
3x 1 mile at 7-8 pace with 2 minute rest in between
1 mile 4-5 pace

6 WORKOUT 6

2 miles 4-5 pace
4x 800 at 7-8 pace with 2 minute rest in between
2 miles 4-5 pace