



10k 8 week training program

Running should be simple.

Every time you run, you should have a purpose. Your workouts can improve your fitness base, strength, speed or provide active recovery. We've described a dozen terms below that you should be familiar with. Additional details will be provided throughout the season by your Run Lead, and workouts may be modified for weather, in-season races and more. Good luck and have fun running!

BASE RUN

Easy	Conversational pace, aerobic base (zones 1-2)
Run/Walk	Combination of running & walking
Long Run	Longest training run of the week
Recovery Run	Slow jog, walk or walk/run in Zone 1

TRAINING RUN

Race Pace	Targeted race day pace run
Hills	Hill repeats and circuits (loops)
Tempo	Faster paced run designed to improve pace at Anaerobic Threshold
Fartlek	Unplanned segments of hard running with recovery
Interval	Planned segments of hard running with recovery

OTHER KEY TERMS

Cross Train*	Improve your fitness performance by introducing an alternative exercise. Try any of these great Life Time formats: Barbell Strength, Gluteus MAXout, UPPER Rx, Barre Classes and EDG Cycle
Recovery Day*	Give your muscles a break to repair and heal. Choose an alternative activity to running. Try a Life Power Yoga class such as ROOT or SURRENDER
Anaerobic Threshold	The point at which your body can no longer use fat as fuel

Set your goals, run with us.

BASE RUN

- Low pressure, high enjoyment casual runs
- Bring a friend and enjoy hitting the pavement outdoors together

TRAIL RUN

- Build endurance and agility while connecting with nature
- Off-road trails means softer surfaces and more flow

TRAINING RUN

- Moderate to high intensity workouts to prepare for your next race
- Improve your speed, strength and stamina to crush race day goals



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Recovery day*	30 minute training run	20 minute base run + cross train*	30 minute training run	Cross train*		45 minute base run
2	Recovery day*	40 minute training run	20 minute base run + cross train*	40 minute training run	Cross train*		50 minute base run
3	Recovery day*	45 minute training run	20 minute base run + cross train*	45 minute training run	Cross train*		60 minute base run
4	Recovery day*	50 minute training run	20 minute base run + cross train*	50 minute training run	Cross train*		55 minute base run
5	Recovery day*	45 minute training run	20 minute base run + cross train*	45 minute training run	Cross train*		65 minute base run
6	Recovery day*	50 minute training run	20 minute base run + cross train*	50 minute training run	Cross train*		75 minute base run
7	Recovery day*	55 minute training run	20 minute base run + cross train*	55 minute training run	Cross train*		60 minute base run
8	Recovery day*	30 minute training run	20 minute base run + cross train*	30 minute training run	Cross train*		Race day 10K

CROSS TRAIN* Improve your fitness performance by introducing an alternative exercise. Try any of these great Life Time formats: Barbell Strength, Gluteus MAXout, UPPER Rx, Barre Classes or EDG Cycle

RECOVERY DAY* Give your muscles a break to repair and heal. Choose an alternative activity to running. Try a Life Power Yoga class such as ROOT or SURRENDER