

WINTER PARK ROAD RACE 10k & 2mile

8 WEEK 10k TRAINING PLAN

by Susan S. Paul, Program Director, Track Shack Fitness Club

This plan assumes a runner or walker has some base mileage. It is designed to help you feel good while participating in the Winter Park Road Race 10k (6.2 miles) using a three day a week method.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|----------------|-----------|-------------|-----------|-------------|------------------|--------|
| WEEK 1 | Get Motivated! | 2 Miles | Cross Train | 2.5 Miles | Cross Train | 2.5 Miles | REST |
| WEEK 2 | Cross Train | 2.5 Miles | Cross Train | 2.5 Miles | Cross Train | 3 Miles | REST |
| WEEK 3 | Cross Train | 3 Miles | Cross Train | 3 Miles | Cross Train | 3.5 Miles | REST |
| WEEK 4 | Cross Train | 3.5 Miles | Cross Train | 3.5 Miles | Cross Train | 4 Miles | REST |
| WEEK 5 | Cross Train | 4 Miles | Cross Train | 4.5 Miles | Cross Train | 4.5 Miles | REST |
| WEEK 6 | Cross Train | 4 Miles | Cross Train | 4.5 Miles | Cross Train | 5 Miles | REST |
| WEEK 7 | Cross Train | 5 Miles | Cross Train | 5.5 Miles | Cross Train | 6 Miles | REST |
| WEEK 8 | Cross Train | 4 Miles | Cross Train | 3 Miles | REST | RACE DAY! | REST |

POINTERS AND TIPS

- If walking, walk briskly or “with purpose.”
- If using a walk/run Interval, begin with one minute intervals. For example, run one minute, walk one minute. Gradually increase the run interval as the running becomes easier to run 2 minutes but keep the one minute walk interval. Build the run interval to five minutes.
- If running, set a comfortable pace. You should be able to carry on a conversation while running.
- Take walk breaks as needed.
- Cross-train one to three days a week, recommended, i.e. swimming, spinning, weight lifting, or yoga.

Consult a physician before beginning any exercise program.



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