

WINTER PARK ROAD RACE 10k & 2mile

8 WEEK 10k TRAINING GUIDE

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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