

MELISSA'S ROAD RACE 8-WEEK 10KM TRAINING PLAN

BY: RHYTHM RUN COACHING

LOOKING TO CONQUER THE 10KM AT MELISSA'S ROAD RACE?

LEGEND:

Strides: gradually increase your speed to ~85% of your maximum speed

Intervals: short periods of running faster

Aerobic: running at a steady, conversational pace to increase your aerobic capacity

Tempo: a comfortably hard pace, where it would be challenging but not impossible to maintain a conversation

Easy: run at a pace where you could maintain a conversation

WU: Warm-Up

CD: Cool-Down

' : minutes

" : seconds

x: times

TIPS FOR FOLLOWING THIS PLAN:

FOLLOW THIS TRAINING PLAN IF YOU ARE CURRENTLY RUNNING AROUND 2-3 DAYS PER WEEK

THIS PLAN FOCUSES ON HILL TRAINING SO YOU'LL FEEL STRONG THROUGHOUT THE HILLY COURSE IN BEAUTIFUL BANFF

TRY TO FOCUS ON CONSISTENCY THROUGHOUT THE ENTIRE 8 WEEKS

ENJOY THE PROCESS AND PREPARE TO RUN ONE OF THE WORLD'S MOST SCENIC RACES!



Rhythm Run Coaching is based in Banff, AB. Visit rhythmrunc coaching.com for more details.



	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3-4km easy	Rest	5km easy + 4x20" uphill strides	Rest	6km aerobic	Rest
2	Rest	3-4km easy	Rest	Intervals: 10' WU, 6x(30" fast, 30" easy), 10' CD	Rest	7km aerobic	Rest
3	Rest	4-5km easy	Rest	Intervals: 10' WU, 4x(1' uphill effort, jog down), 10' CD	Rest	8km aerobic	Rest
4	3-4km easy	Rest	Intervals: 10' WU, 3x(2' uphill effort, jog down), 10' CD	3km easy	Rest	7km aerobic + 4x30" uphill strides	Rest
5	4-5km easy	Rest	Intervals: 10' WU, 2x(5' tempos, 3' easy), 10' CD	4km easy	Rest	8km aerobic + 4x30" uphill strides	Rest
6	3-4km easy	Rest	Intervals: 10' WU, 5x(1' uphill efforts, jog down), 10' CD	5km easy	Rest	9km aerobic + 4x30" uphill strides	Rest
7	3-4km easy	Rest	3km easy + 4x30" uphill strides	Rest	4km easy	7km aerobic	Rest
8	3km easy	Rest	3km easy + 4x30" flat strides	Rest	2km easy shakeout	Race Day!	Recover + Celebrate!