

16-week 10K & Half Marathon Training Plan - INTERMEDIATE

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week:	<i>easy run</i>	short run & strength	<i>Day off</i>	<i>GRP run</i>	<i>Day off</i>	<i>XT or split run</i>	<i>long run</i>
1	Run: 3 miles easy	Run: 2 miles Strength	OFF	Run: 4 miles incl. 2 miles at GRP	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 5 miles
2	Run: 3 miles easy	Run: 3 miles Strength	OFF	Run: 4 miles incl. 2 miles at GRP	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 6 miles
3	Run: 3 miles easy	Run: 3 miles Strength	OFF	Run: 4 miles incl. 2 miles at GRP	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 7 miles
4	Run: 3 miles easy	Run: 2 miles easy, then 1 mile TT	OFF	Run: 3 miles easy	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 6 miles
5	Run: 3 miles easy	Run: 3 miles Strength	OFF	Run: 4 miles incl. 3 miles at GRP	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 8 miles
6	Run: 4 miles easy	Run: 3 miles Strength	OFF	Run: 4 miles incl. 3 miles at GRP	OFF	Split Run 1: 3 miles -OR- 5k Race	Split Run 2: 6 miles
7	Run: 4 miles easy	Run: 3 miles Strength	OFF	Run: 4 miles incl. 3 miles at GRP	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 9 miles
8	Run: 3 miles easy	Run: 2 miles easy, then 1 mile TT	OFF	Run: 4 miles easy	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 6 miles
9	Run: 4 miles easy	Run: 3 miles Strength	OFF	Run: 4 miles incl. 3 miles at GRP	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 10 miles
10	Run: 4 miles easy	Run: 3 miles Strength	OFF	Run: 5 miles incl. 3 miles at GRP	OFF	Split Run 1: 3 miles	Split Run 2: 8 miles
11	Run: 4 miles easy	Run: 3 miles Strength	OFF	Run: 5 miles incl. 3 miles at GRP	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 12 miles
12	Run: 3 miles easy	Run: 2 miles easy, then 1 mile TT	OFF	Run: 4 miles easy	OFF	RACE PREP 20 min easy run	10k Race
13	Run: 4 miles easy	Run: 3 miles Strength	OFF	Run: 5 miles incl. 3 miles at GRP	OFF	Split Run 1: 4 miles	Split Run 2: 10 miles

14	Run: 4 miles easy	Run: 3 miles Strength	OFF	Run: 6 miles incl. 4 miles at GRP	OFF	XT: 30-60 min easy walk / bike / yoga / swim	Run: 14 miles
15	Run: 4 miles easy	Run: 3 miles	OFF	Run: 6 miles incl. 4 miles at GRP	OFF	Run: 3 miles -OR- 5k Race	Run: 6 miles
16	Run: 3 miles easy	OFF	Run: 3 miles easy	OFF	RACE PREP 20 min easy run	RACE DAY!!! Run 6.2 miles	RACE DAY!!! Run 13.1 miles

Terminology:

Always warm-up for at least 10-15 minutes and cool-down for at least 5 minutes during every workout. Include mostly easy running, with a few accelerations and drills.

===TT=== *NOT USED IN SOME BEGINNER PLANS

Short for "Time Trial." Following a 10-15 minute warm-up including a few short accelerations, perform the 1 mile effort on a treadmill or track. Attempt to maintain a steady pace that is on the "edge" of being too hard. Make sure you work hard enough to be fully exhausted by the end of the effort. RECORD your time (and heart rate if you wear an heart rate monitor) for these, so you can track your improvements.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: 85 to 90 percent of your maximum heart rate

Perceived Exertion: An 8 or 9 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: One word at a time should be possible, but conversation won't be.

===GRP=== *INTERMEDIATE & ADVANCED PLANS ONLY

Short for "Goal Race Pace." These are also known as "Sub-Threshold" workouts in the context of marathon training.

Following a 10-15 min warm-up including a few short accelerations, pick up the pace to your goal race pace, or what feels "comfortably hard," and hold that pace for the suggested distance. Cool-down with 5-10 min easy running.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: 80 to 85 percent of your maximum heart rate

Perceived Exertion: An 8 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: A question like "Pace okay?" should be possible, but conversation won't be.

===Long===

These are sometimes called "LSD" or Long, Slow Distance workouts. These should be at a comfortable pace, and focus on increasing your endurance without completely exhausting yourself. Pay attention to perfect form.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: 65-70 percent of your maximum heart rate

Perceived Exertion: A 5-6 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: Chatting with a friend should be possible throughout this workout.

===easy===

These should be at a comfortable pace. Hold perfect form. If you must skip a workout, make it this one, instead of a long or quality day.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: less than 65 percent of your maximum heart rate

Perceived Exertion: A 5 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: Chatting with a friend should be possible throughout this workout.

===split run===

A "split run" includes 2 runs within 12-24 hours. These runs allow a runner to complete a long run in two parts so as to minimize the repetitive stress on the body, or to simulate a multi-day / multi-race event.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: 65-70 percent of your maximum heart rate

Perceived Exertion: A 5-6 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: Chatting with a friend should be possible throughout this workout.

===Strength===

This is optional to include in your schedule. If you need more time for recovery, skip it. The purpose of these workouts are to increase strength, not endurance, so you want to use heavy enough weights that completing 1 set of 8-12 reps is very difficult. Move quickly between each exercise without resting, until all exercises are complete. Perform the entire range of motion with moderate timing (no momentum). These sessions should take 20-30 minutes max.

Perform 1 set of 8-12 reps for each:

Hip Extension or "Butt Blaster" or Back Extension

Leg Extension (for your quadriceps)

Hamstring Curl

Leg Press or Squat

Pullover (optional -- most gyms do not have this machine. If not, skip it.)

Lat Pulldown or Pull-Ups or Low Row

Chest Press or Bench Press or Pec Fly

Bicep Curls

Tricep Extension or Dips

Ab Crunch or Rotary Torso

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Please let me know if you have any questions!

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