



The Program

Welcome to a healthier, happier you! Congratulations on taking up the challenge to run a 10k race!

This training program is 10 weeks to build your run fitness and includes tips to prepare for the 10K race. This program is for the first-time 10k runner. It is adapted from The Runners Handbook by Bob Glover. The goal of the program is for you to finish the race!

Training

The training program calls for running four to five days per week. We encourage you to use the weekly log to record your progress and share with others preparing for the event. The table below shows the recommended time per day IN MINUTES for running.

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total Time
1	OFF	20	Rest or XT	20	Rest or XT	20	20	80
2	OFF	20	Rest or XT	20	Rest or XT	20	30	90
3	OFF	20	20	20	Rest or XT	20	20	100
4	OFF	20	Rest or XT	20	Rest or XT	20	30	90
5	OFF	20	Rest or XT	30	Rest or XT	20	35	105
6	OFF	20	Rest or XT	30	Rest or XT	20	45	115
7	OFF	20	20	20	Rest or XT	20	45	125
8	OFF	20	Rest or XT	20	Rest or XT	20	50	110
9	OFF	20	Rest or XT	30	Rest or XT	20	30	100
10	OFF	20	OFF	30	20	RACE 10k	Celebrate!	70 + race

You may not be ready to run continuously for the recommended time. That's okay! Many successful runners use a run/walk approach to reduce injury and safely build their run distance. You may start with intervals of 30 seconds running and 30 seconds of walking, repeatedly until the workout time is complete. If you have already been running, or have taken a short time off, you might be able to start with 3 or 4 minutes running with 1-minute walk intervals.

Begin each workout with 5 or 10 minutes brisk walking or easy jogging to warm up, and finish each workout with 5 additional minutes of easy walking to cool down (all weeks). Extend your warm-up and cool-down as needed. Therefore, your total "workout time" will be the time listed in the table plus your warm up and cool down time. If you don't



have additional time, shorten the main set but do not compromise the warm up and cool down

“Rest or XT” means that you should either rest that day, or consider Cross-Training (XT). These activities can help you recover but also promote fitness while moving in a different pattern. Swimming, biking and strength training are common activities, but you may have other favorites like paddling, aerobics class, or using an elliptical trainer. Cross training can also help your body recover, so these are not necessarily meant to be hard days. Otherwise, REST and enjoy an easy walk or yoga.

“OFF” days are meant to be free of training, but consider an easy walk or yoga.

Strength & Mobility

Training for a running race will challenge your body and expose weaknesses that could lead to pain or injury. We encourage you to incorporate daily strengthening and mobility into this program.

On days that you run, start each session off with some mobility work such as this quick pre-run routine by Olympian Emma Coburn: <https://youtu.be/o5S6ayrhq04>
You need a short resistance band - if you don't have one, use an old bike inner tube cut shorter and tied off, or other shortened resistance band. You can add other stretches or mobility exercises that help your body perform best.

Strength Training can be performed one to three times weekly as “XT” or on the same day as a run. Here’s a simple routine that requires just your bodyweight and an elevated platform for the step-ups and elevated push-ups. For the step-ups, you can use the bottom step on a staircase, a low box, or a sturdy step stool. For the elevated push-ups, you can use a low box, a chair, or a table. You may add weights in the form of dumbbells (DB) or kettlebells (KB) but they are not necessary.

Directions: It is wise to do a short warm up (5-10 minutes easy run perhaps) first. Do 10-12 reps of each move, rest :30-:60 between each. Once you’ve completed all eight exercises, rest additional 1 minute. Then repeat the entire set two more times.

Exercises:

1. Glutes Bridge, hold each for 2 secs & final one for 10 secs
2. Dead Bug or Dying Bug
3. Step-Up With Knee Raise, carry DB in each hand if available
4. Lateral Lunge Shift, hold KB in goblet position



5. Elevated Push-Up
6. Forearm Side Plank Hip Dip
7. Forearm Plank Rock
8. Superman With Arm Extension, hold each for 2-3 secs. Add leg raise for more challenge (squeeze glutes!)

Questions? Answers!

How fast should I run? How far should I go?

Speed is not important! Nor is distance. Right now, focus on the time. Your run pace should be conversational, so that you can talk to someone running alongside. Go as far as you need to. Your workout can be on a treadmill, around your neighborhood, or at a local park or track. Wear a watch or use your smart phone to keep track of time.

What if I miss a workout?

Try to fit it back in and adjust the rest of the week, but don't pack in too many consecutive days. Sometimes it's best to just skip it and move on. If you miss multiple workouts, don't quit... pick up where you left off, or repeat the last week you finished.

Does this program work for everyone?

You may progress slower or faster than the suggested program, and find that you need to either repeat a week or two, or skip ahead a week. Just don't get too aggressive; no more than a 10% increase in mileage is a safe limit to reduce risk of injury.

I just can't seem to work out on my own...!?

Create a workout group! Invite friends, family or neighbors to join you at the race AND train with you. Share this program with them. We luckily have a safe and extensive Greenway system that can make it more convenient to get a walk or run done at any time. This might be a great activity to do while your kids are at their sports practice.

Should I stretch?

If stretching helps you feel better, then, yes, stretch! Some light stretches before you start are okay, but it's most beneficial to stretch after your workout when your muscles



are warm and loose, perhaps after 10-15 minutes of light activity. This may help alleviate soreness and stiffness.

I stretched, but I'm sore and stiff the day after anyway!?

This is where 'active rest' can help you get moving to loosen up the muscles again. A warm shower or bath can help, too. If you decide to stretch, walk about 15-20 minutes and get warm first. Expect some soreness in the first couple weeks, especially if you are returning to exercise from a long time off. Don't overdo it, and listen to your body.

What should I wear?

It's all about comfort and function, not looks. Most importantly, have a good pair of well-fitted athletic shoes. If you don't remember when you bought them, they are covered in grass clippings or make your feet/back/knees hurt... consider a new pair. Comfort and avoiding injury will help you enjoy the program. It's not necessary to spend \$200 on a new pair of sneakers, but they should fit and work for you. Try on and take a few strides in as many pairs as you can until you find something that works.

Clothing should be lightweight and breathable. Synthetic materials are often designed to wick away sweat and help you stay dry, and cool or warm, as needed. Dress in layers. Also consider your socks, supportive undergarments, a hat and sunblock as very important wardrobe pieces.

Any other advice to get started?

If you have never run before or it's been a long time, it is wise to consult with your Health Care Provider before starting. If you ever feel uncomfortable or ill, you know you best. Remember, the goal is a healthier and happier life.

You can also...

- Tell everyone you know about your goals and invite them to the race!!
- Keep a fitness log (see sample).
- Get adequate sleep every night.
- Smile, and think each day how lucky you are to get out there and move!

How long is a 10k?

The name 10K comes from 10 kilometers (km) and is commonly referred to as 10k or a 10k race. Since 1 km is equivalent to 0.62 miles, a 5k is a race to run a distance of approximately 6.2 miles.



What about nutrition and hydration?

Follow best daily practices, including regular hydration with water, and eating a balanced diet with plenty of vegetables, fruits, lean protein, whole grains and healthy fats. There is no special diet for 10k training, but you may benefit from a small snack (75-150 calories) within the hour before you start your workout – it's hard to train when you are distracted by hunger! On race day, have a small breakfast that's light on your stomach.

For training that lasts more than 75-90 minutes, follow up your workout with a carbohydrate rich snack within 30 minutes, such as a serving of chocolate milk or a piece of fruit with a few nuts.

Any tips for race day?

Be sure to register before the race and review all pre-race information, including the event website and emails from the race director. Check your clothing and shoes to be ready a few days before. Know when and where the race is, including parking, and allow extra time to park and pick up your race bib. You may want to do a light warm up before the race of easy jogging for 10 minutes, or simply start the race easy and warm up for the first mile. Don't start too fast; it can be very exciting and easy to get swept away! Follow the directions of all volunteers and police, smile and have fun!

What is a good finish time for a 10k race?

A beginner who has never run before can have a running pace of 12-15 minutes/mile, following a 10-week program such as this. This means that a 10K run would be completed in around 70 - 95 minutes.

A pace of 10 minutes/mile lets you finish a 10k in about 64 minutes. However, a beginner should aim for finishing the race, enjoying the journey and not competing for time or a placing.

Who is LB Endurance?

LB Endurance is an endurance coaching and performance testing company in Knoxville, TN owned by Coach Lana Burl. Learn more at lbendurance.com or visit the LB Endurance Lab at 1119 Sevier Ave Suite B, Knoxville, TN 37920.



Weekly Training Log

Name: _____

Week: ____ Date: _____

Workouts

Day	Plan	Result/Journal
(example) Tuesday 28 Sep 7:00 pm	<u>Activity:</u> Run 35 minutes <u>Location:</u> Streets in my neighborhood <u>Other:</u> Husband joined me	<i>10 minute warm-up brisk walking, then run intervals of 3 min run/1 min walk. Very hot 85 deg F, so ran easy and took ten minutes to cool down: glad I took extra water!</i>
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

What 3-5 things went well this week?

What 1-2 things to work on next week?