



2024 10K Training

Definitions to know:

RPE (Rate of Perceived Exertion): Your speed work is set to a level *8* defined as “Feels uncomfortable, can barely speak a sentence” This puts your body into an Anaerobic capacity. In our training this RPE of 8 should only apply when doing speed work.

Example : 7 Mile Speed | 2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down

You should be at an RPE of 8 during the 3 bouts of 800M with a recovery (walk or jog) for 800M between each set. If you have questions, please ask your team leader or reach out to Forrest or one of the Specialists.

Cross train: Cross training can be anything that gets your body moving for 30min-1hr (Yoga, Pilates, HIIT, or strength training)

Active recovery: (Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

Rest: This is what it is, reduce movement, practice self care, let your body rest as much as possible that day, focus on feeding your body and letting it recover.



2024 10K Training

FEBRUARY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Run 3 Min. Walk 1 Min. Repeat 7 Times Miles Easy
4 Active Recovery; Walk or Play for 30 Minutes	5 Run 3 Min. Walk 1 Min. Repeat 6 Times; Strength Train	6 Active Recovery	7 Run 3 Min. Walk 1 Min. Repeat 6 Times; Strength Train	8 Active Recovery	9 Off/Rest	10 Run 4 Min. Walk 1 Min. Repeat 7 Times
11 Active Recovery; Walk or Play for 30 Minutes	12 Run 4 Min. Walk 1 Min. Repeat 5 Times; Strength Train	13 Active Recovery	14 Run 4 Min. Walk 1 Min. Repeat 5 Times; Strength Train	15 Active Recovery	16 Off/Rest	17 Run 6 Min. Walk 2 Min. Repeat 5 Times
18 Active Recovery; Walk or Play for 30 Minutes	19 Run 4 Min. Walk 1 Min. Repeat 8 Times; Strength Train	20 Active Recovery	21 Run 5 Min. Walk 1 Min. Repeat 3 Times; Strength Train	22 Active Recovery	23 Off/Rest	24 Run 6 Min. Walk 2 Min. Repeat 7 Times
25 Active Recovery; Walk or Play for 30 Minutes	26 Run 4 Min. Walk 1 Min. Repeat 8 Times; Strength Train	27 Active Recovery	28 Run 6 Min. Walk 2 Min. Repeat 4 Times; Strength Train	29 Active Recovery		



2024 10K Training

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Off/Rest	2 Run 6 Min. Walk 2 Min. Repeat 7 Times
3 Active Recovery; Walk or Play for 30 Minutes	4 Run 4 Min. Walk 1 Min. Repeat 8 Times; Strength Train	5 Active Recovery	6 Run 6 Min. Walk 2 Min. Repeat 4 Times; Strength Train	7 Active Recovery	8 Off/Rest	9 3 Miles (Run Walk at your rate)
10 Active Recovery; Walk or Play for 30 Minutes	11 Strength Train	12 2 Mile Speed <small>*1.5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down</small>	13 Active Recovery	14 2 Miles Easy; Strength Train	15 Off/Rest	16 3 Miles (Run Walk at your rate)
17 Active Recovery; Walk or Play for 30 Minutes	18 Strength Train	19 3 Mile Speed <small>*1 Mile Warm Up; 4 x 200 RPE 8 w/ 200 Recovery; 1 Miles Cool Down</small>	20 Active Recovery	21 3 Miles Easy; Strength Train	22 Off/Rest	23 4 Miles Easy
24 Active Recovery; Walk or Play for 30 Minutes	25 Strength Train	26 3 Mile Speed <small>*1 Mile Warm Up; 2 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Miles Cool Down</small>	27 Active Recovery	28 2 Miles Easy; Strength Train	29 Off/Rest	30 5 Miles (Run Walk at your rate)
31 Active Recovery; Walk or Play for 30 Minutes						



2024 10K Training

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Strength Train	2 3.5 Mile Speed <small>*1 Mile Warm Up; 3 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down</small>	3 Active Recovery	4 2 Miles; Strength Train	5 Off/Rest	6 6 Miles (Run Walk at your rate)
7 Active Recovery; Walk or Play for 30 Minutes	8 Strength Train	9 3 Mile Speed <small>*1 Mile Warm Up; 2 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Miles Cool Down</small>	10 Active Recovery	11 4 Miles; Strength Train	12 Off/Rest	13 4 Miles (Run Walk at your rate)
14 Active Recovery; Walk or Play for 30 Minutes	15 Strength Train	16 2 Mile Speed <small>*.5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down</small>	17 Active Recovery	18 4 Miles Easy; Strength Train	19 Off/Rest	20 3 Miles (Run Walk at your rate)
21 Active Recovery; Walk or Play for 30 Minutes	22 Strength Train	23 2 Mile Speed <small>*.5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down</small>	24 Active Recovery	25 3 Miles Easy; Strength Train	26 Off/Rest	27 3 Miles (Run Walk at your rate)
28 Active Recovery; Walk or Play for 30 Minutes	29 Strength Train	30 2 Miles Easy				



2024 10K Training

MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Active Recovery	2 2 Miles (Take time to prepare your head for race day)	3 Off/Rest	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	