



## Move Through Summer 10K Walk to Run 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 reach out to Forrest.

**Hill Repeat:** A hill repeat is a running workout where a runner repeatedly runs up a hill at a hard effort and then jogs or walks back down for recovery. This type of training is used to build strength, power, speed, and running economy, especially for races that involve elevation changes.

**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 and focus on feeding your body and letting it recover.

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12 Run 3 Min. Walk 1 Min. Repeat 7 Times Miles Easy
13 Active Recovery; Walk or Play for 30 Minutes	14 Run 3 Min. Walk 1 Min. Repeat 6 Times; Strength Train	15 2 mile speed .5 mile warm up; 2x400 RPE w/ 200 Recovery	16 Run 3 Min. Walk 1 Min. Repeat 6 Times; Strength Train	17 Active Recovery	18 Off/Rest	19 Run 4 Min. Walk 1 Min. Repeat 7 Times
20 Active Recovery; Walk or Play for 30 Minutes	21 Run 4 Min. Walk 1 Min. Repeat 5 Times. Strength Train	22 2.75 mile speed .5 mile warm up; 2x400 RPE w/ 200 Recovery	23 Run 4 Min. Walk 1 Min. Repeat 5 Times. Strength Train	24 Active Recovery	25 Off/Rest	26 Run 6 Min. Walk 2 Min. Repeat 5 Times Miles Easy
27 Active Recovery; Walk or Play for 30 Minutes	28 Run 4 Min. Walk 1 Min. Repeat 8 Times; Strength Train	29 Hill Repeats; Walk/Run 5 min, run up hill 1 min, walk down- 3x	30 Run 5 Min. Walk 1 Min. Repeat 3 Times; Strength Train	31 Active Recovery		

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Off/Rest	2 Run 6 Min. Walk 2 Min. Repeat 5 Times
3 Active Recovery; Walk or Play for 30 Minutes	4 Run 4 Min. Walk 1 Min. Repeat 8 Times; Strength Train	5 Hill Repeats; Walk/Run 1 min, run up hill 5 min, walk down- 5x	6 Run 5 Min. Walk 1 Min. Repeat 3 Times; Strength Train	7 Active Recovery	8 Off/Rest	9 Run 8 Min. Walk 2 Min. Repeat 5 Times
10 Active Recovery; Walk or Play for 30 Minutes	11 Run 6 Min. Walk 2 Min. Repeat 4 Times; Strength Train	12 Hill Repeats; Walk/Run 1 min, run up hill 7 min, walk down- 5x	13 Run 6 Min. Walk 2 Min. Repeat 4 Times; Strength Train	14 Active Recovery	15 Off/Rest	16 Run 4.5 miles Run/walk at your own pace
17 Active Recovery; Walk or Play for 30 Minutes	18 Strength Train	19 3 mile speed 1 mile warm up; 4x200 RPE 8 w/ 200 Recovery	20 Run 2 miles Run/walk at your own pace	21 Active Recovery	22 Off/Rest	23 Run 5 miles Run/walk at your own pace
24 Active Recovery; Walk or Play for 30 Minutes	25 Strength Train	26 3 mile speed 1 mile warm up; 4x200 RPE 8 w/ 200 Recovery	27 Active Recovery	28 Run 3 Miles easy; Strength Train	29 Off/Rest	30 Run 6 miles Run/walk at your own pace
31 Active Recovery; Walk or Play for 30 Minutes						

# SEPTEMBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Strength Train	2 Hill Repeats; Walk/Run 1 min, run up hill 11 min, walk down	3 Active Recovery	4 Run 3 Miles Strength Train	5 Off/Rest	6 Run 7 miles Run/walk at your own pace
7 Active Recovery; Walk or Play for 30 Minutes	8 Strength Train	9 3.5 mile speed 1 mile warm up; 3x400 RPE 7 w/ 400 Recovery	10 Active Recovery	11 Run 3 Miles Strength Train	12 Off/Rest	13 Run 8 miles Run/walk at your own pace
14 Active Recovery; Walk or Play for 30 Minutes	15 Strength Train	16 Hill Repeats; Walk/Run 1 min, run up hill 10 min, walk down	17 Active Recovery	18 Run 4 Miles Strength Train	19 Off/Rest	20 Run 6 miles Run/walk at your own pace
21 Active Recovery; Walk or Play for 30 Minutes	22 Strength Train	23 2.75 mile speed 1 mile warm up; 3x200 RPE 8 w/ 200 Recovery	24 Active Recovery	25 Run 4 Miles Strength Train	26 Off/Rest	27 Run 4 miles Run/walk at your own pace
28 Active Recovery; Walk or Play for 30 Minutes	29 Strength Train	30 2.75 mile speed 1 mile warm up; 2x400 RPE 8.5 w/ 200 Recovery				

# OCTOBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Active Recovery	2 Run 3 Miles Strength Train	3 Off/Rest	4 Run 3 miles Run/walk at your own pace
5 Active Recovery; Walk or Play for 30 Minutes	6 Strength Train	7 2.5 mile speed 1 mile warm up; 2x200 RPE 8 w/ 200 Recovery	8 Active Recovery	9 Run 2 miles- Take time to prepare for race day	10 Off/Rest	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	