



## 2025 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 and focus on feeding your body and letting it recover.



2024 10K Distance Camp Training

# FEBRUARY

2025

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



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# MARCH

2025

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



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# APRIL

2025

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



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MAY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 2 Miles (Take time to prepare your head for race day)	2 Off/Rest	3
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