

10 Miler Training Program for St Albert Road Runners 2006 Season

prepared by
Kevin Harrison, NCCP Level 1 Running coach

Disclaimer:

1. These programs assume that any person starting these programs has a base running level. You should be running at least two to three times a week with a minimum mileage of 10-14 miles. If your mileage is less then you will have to adjust the program accordingly. Contact the program author.
2. **All distances in the programs are in mileage** (in honor of the 10 miler). Some Wednesday night runs refer to mileage at a "km pace" where appropriate for use of pace times in tempo, speed or hill training.
3. You must know your own pace times for 5km, 10 km and the expected race time for the 10 miler also called the "race pace".
4. The following is a general guide and description of **Competitor**, **Intermediate Competitor** and **Advanced Competitor** to aid each person in determining which program they should follow.

Competitor

Current weekly mileage **10-12 miles or less**
Male 10 mile goal race time = 1:29 to 1:54
Female 10 mile goal race time = 1:38 to 2:13

Intermediate Competitor

Current weekly mileage **10-15 miles**
Male 10 mile goal race time = 1:14 to 1:35
Female 10 mile goal race time = 1:22 to 1:50

Advanced Competitor

Current weekly mileage **20-23 miles**
Male 10 mile goal race time = 1:08 to 1:28
Female 10 mile goal race time = 1:15 to 1:41

5. The start of this program is January 30,2006 and the end of this 12 week program is April 23,2006 marked as "**Race Day**" on the Sunday of the last week.
6. As with all programs they can and usually need to have small adjustments made as the training progresses based on the progress of the group and or individuals.

7. Use of terms Competitor, Intermediate and Advanced competitor by the author are only used to help describe differences in programs and program goals and are in no way a description of an individual runner.
8. Club members should participate in the Wednesday night workouts to obtain full benefit of the program

Competitor Program

NOTE: All distances are in Miles

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun Long run	Total Mileage
1	off	2 mi	2 mile tempo	2 mi	off	2 mi	6 mile	14 miles
2	off	2 mi	3 hill reps	2 mi	off	2 mi	7 mile	16 miles
3	off	2 mi	4 hill reps	2 mi	off	2 mi	8 mile	18 miles
4	off	3 mi	4 mile(5K pace)	4 mi	4 mi	off	6 race pace	21 miles
5	off	3 mi	4 mile tempo	4 mi	off	2 mi	10 mile	23 miles
6	off	3 mi	3 mile(fast pace)	4 mi	off	2 mi	10 mile	23 miles
7	off	3 mi	4 mile(5K pace)	4 mi	4	3 mi	2 mile	20 miles
8	off	3 mi	3 hill reps	4 mi	off	2 mi	10 mile	23 miles
9	off	3 mi	3 mile race pace	4 mi	4 mi	off	6 race pace	20miles
10	off	3 mi	2 mile fast pace	4 mi	off	2 mi	8 mile	19 miles
11	off	3 mi	3 mile fast pace	4 mi	off	2 mi	8 mile	20 miles
12	off	3 mi	3 mile intervals	2 mi	2 mi	off	Race day	10+ race

- Intervals: are short distances at race pace or faster with recovery breaks.
- Hill reps: hills or hill repeats usually 800-1000 meters.
- Tempo: brisk runs or challenging pace (speed work) for longer distances and times than intervals.
- Fast pace: 2% faster than 5K pace for mile intervals
- Hard pace : 5% faster than 5K pace for mile intervals.
- 5K pace: current 5 K pace.
- Long Runs : 20-30 sec/km slower than your goal pace or 65% MHR.

Intermediate Competitor

NOTE: All distances are in Miles

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun Long run	Total Mileage
1	off	2	4 tempo	2	off	2	7	17
2	off	3	4 hill reps	2	off	2	8	19
3	off	3	4 hill reps	3	off	3	9	22
4	off	4	4 (5K pace)	3	4	off	8 race pace	23
5	off	4	4 tempo	4	off	3	10	25
6	off	4	3 fast pace	4	off	2	12	25
7	off	4	5 (5K pace)	4	4	off	6	23
8	off	4	4 hill reps	5	off	4	10	27
9	off	4	4 race pace	3	4	off	8 race pace	23
10	off	4	4 hard pace	4	off	3	10	25
11	off	4	4 fast pace	3	off	3	8	22
12	off	3	3 intervals	3	2	off	Race day	11+race

- Intervals: are short distances at race pace or faster with recovery breaks.
- Hill reps: hills or hill repeats usually 800-1000 meters.
- Tempo: brisk runs or challenging pace (speed work) for longer distances and times than intervals.
- Fast pace: 2% faster than 5K pace for mile intervals
- Hard pace: 5% faster than 5K pace for mile intervals.
- 5K pace: current 5 K pace.
- Long Runs: 20-30 sec/km slower than your goal pace or 65% MHR.

Advanced Competitor

NOTE: All distances are in Miles

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun Long run	Total Mileage
1	off	4	4 tempo	4	off	3	10	25
2	off	5	4 hill reps	5	off	3	10	27
3	off	6	4 hill reps	4	off	3	12	29
4	5	5	4 (5K pace)	4	2	off	10 race pace	30
5	off	5	4 tempo	4	4	3	12	32
6	off	6	4 fast pace	4	4	3	14	35
7	6	6	5 (5K pace)	6	6	off	6	35
8	off	5	5 hill reps	4	4	3	14	35
9	5	5	4 race pace	4	2	off	10 race pace	30
10	off	6	5 hard pace	6	4	3	11	35
11	off	5	5 fast pace	5	3	3	9	30
12	off	3	4 intervals	3	2	off	Race day	12+race

- Intervals: are short distances at race pace or faster with recovery breaks.
- Hill reps: hills or hill repeats usually 800-1000 meters.
- Tempo: brisk runs or challenging pace (speed work) for longer distances and times than intervals.
- Fast pace: 2% faster than 5K pace for mile intervals
- Hard pace: 5% faster than 5K pace for mile intervals.
- 5K pace: current 5 K pace.
- Long Runs: 15-20 sec/km slower than your goal pace or 70% MHR.