



Run Club-I Left My Heart in SF 10K Training Schedule
 May.16, 2020 – Jul.26, 2020

Date	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5-11-20	N/A	N/A	N/A	N/A	N/A	<u>RUN CLUB LAUNCH & LONG RUN!</u> 5 min. warmup walk + 1.5 miles easy + 5 min. cooldown walk	REST
5-18-20	25-35 min. crosstraining	5 min. warmup walk + 1 mile easy + 5 min. cooldown walk	25-35 min. crosstraining	5 min. warmup walk + 1 mile easy + 5 min. cooldown walk	REST	<u>LONG RUN</u> 5 min. warmup walk + 2 miles easy + 5 min. cooldown walk	REST
5-25-20	25-35 min. crosstraining	5 min. warmup walk + 1 mile easy + 5 min. cooldown walk	25-35 min. crosstraining	5 min. warmup walk + 1 mile easy + 5 min. cooldown walk	REST	<u>LONG RUN</u> 5 min. warmup walk + 2 miles easy + 5 min. cooldown walk	REST
6-01-20	25-35 min. crosstraining	5 min. warmup walk + 1.5 miles easy + 5 min. cooldown walk	25-35 min. crosstraining	5 min. warmup walk + 1.5 miles easy + 5 min. cooldown walk	REST	<u>LONG RUN</u> 5 min. warmup walk + 2.5 miles easy + 5 min. cooldown walk	REST

06-08-20	30-40 min. crosstraining	5 min. warmup walk + 1.5 miles easy + 5 min. cooldown walk	30-40 min. crosstraining	5 min. warmup walk + 1.5 miles easy + 5 min. cooldown walk	REST	<u>LONG RUN</u> 5 min. warmup walk + 2.5 miles easy + 5 min. cooldown walk	REST
06-15-20	30-40 min. crosstraining	5 min. warmup walk + 1.5 miles easy + 5 min. cooldown walk	30-40 min. crosstraining	5 min. warmup walk + 1.5 miles easy + 5 min. cooldown walk	REST	<u>LONG RUN</u> 5 min. warmup walk + 3 miles easy + 5 min. cooldown walk	REST
06-22-20	35-45 min. crosstraining	5 min. warmup walk + 2 miles easy + 5 min. cooldown walk	35-45 min. crosstraining	5 min. warmup walk + 2 miles easy + 5 min. cooldown walk	REST	<u>LONG RUN</u> 5 min. warmup walk + 3 miles easy + 5 min. cooldown walk	REST
06-29-20	35-45 min. crosstraining	5 min. warmup walk + 2 miles easy + 5 min. cooldown walk	35-45 min. crosstraining	5 min. warmup walk + 2 miles easy + 5 min. cooldown walk	REST	<u>LONG RUN</u> 5 min. warmup walk + 4 miles easy + 5 min. cooldown walk	REST

07-6-20	35-45 min. crosstraining	5 min. warmup walk + 2.5 miles easy + 5 min. cooldown walk	35-45 min. crosstraining	5 min. warmup walk + 2.5 miles easy + 5 min. cooldown walk	REST	LONG RUN 5 min. warmup walk + 5 miles easy + 5 min. cooldown walk	REST
07-13-20	30-40 min. crosstraining	5 min. warmup walk + 2 miles easy + 5 min. cooldown walk	30-40 min. crosstraining	5 min. warmup walk + 2 miles easy + 5 min. cooldown walk	REST	RECOVERY RUN 5 min. warmup walk + 3 miles easy + 5 min. cooldown walk	REST
07-20-20	25-35 min. crosstraining	5 min. warmup walk + 2 miles easy + 5 min. cooldown walk	25-35 min. crosstraining	5 min. warmup walk + 1.5 miles easy + 5 min. cooldown walk	20 mins. crosstraining	REST	I LEFT MY HEART IN SF 10K!

Training Schedule and Coaching Services Provided By:



Training Definitions

- Easy** Easy workouts should be moderately paced. You should run and/or walk at a pace that allows you to hold a conversation but not sing. The number is the number of miles or minutes that you need to run and/or walk.
- Rest** Rest is an important part of the training program. You should have at least two days a week of full rest (or light activity).
- Long** A long run is scheduled once each week (Saturdays). Run and/or walk at a pace that is slightly slower than you hope to complete the 10K. Just cover the distance. Don't worry about the time. Like the easy runs, stay conversational. The number is the number of miles or minutes that you need to run and/or walk.
- Crosstraining** Cross training days are a day of exercise other than walking or running. Examples are: cycling, yoga, Pilates, weights, swimming. This day should not be over done, but simply treated as supplemental training. The idea is to maintain your current level of fitness while allowing recovery from your previous run workout. Ideally, stick to activities that are AEROBIC in nature. (eg-weightlifting does not count!)