

February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 5 Miles Total
6 1 Hour of Active Recovery	7 Cross Training Strength Training or Walk	8 1 M wu, 1 M cd 10 x 200 w 200 rec. RPE of 9	9 5 Mile Run	10 5 Miles Run	11 Cross Training 30 Minutes of Strength or Walking	12 6 Miles Total
13 1 Hour of Active Recovery	14 Cross Training Strength Training or Walk	15 1 M wu, 1 M cd 4 x 400 w 400 rec. RPE of 9	16 5 Mile Run	17 5 Miles Run	18 Cross Training 30 Minutes of Strength or Walking	19 6 Miles Total
20 1 Hour of Active Recovery	21 3 Miles Recovery RPE of 6	22 1 M wu, 1 M cd 6 x 400 w 400 rec. RPE of 9	23 5 Mile Run	24 5 Miles Run	25 Cross Training 30 Minutes of Strength or Walking	26 6 Miles Total
27 1 Hour of Active Recovery	28 3 Miles Recovery RPE of 6				<p>SPEED VARIATION ADDED Speed at RPE means Rate or Percieved Exertion We are looking for the runner to work hard during the first part of the interval, where the distance is difficult and a bit uncomfortable. Follow that up with an easy matching distance where the runner can recover to feel good enough to repeat the fast interval again.</p>	

10K Racing

March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1 M wu, 1 M cd 8 x 400 w 400 rec. RPE of 9	2 6 Miles Total 3 Miles at RPE of 6 3 Miles at RPE of 7-8	3 1 M wu, 1 M cd 2 Mile Tempo 5 Minutes Btwn	4 Cross Training 30 Minutes of Strength or Walking	5 7 Miles Total
6 1 Hour of Active Recovery	7 3 Miles Recovery RPE of 6	8 1 M wu, 1 M cd 10 x 400 w 400 rec. RPE of 9	9 6 Miles Total 3 Miles at RPE of 6 3 Miles at RPE of 7-8	10 1 M wu, 1 M cd 3 Mile Tempo	11 Cross Training 30 Minutes of Strength or Walking	12 7 Miles Total 20 Minutes Fast During your run
13 1 Hour of Active Recovery	14 3 Miles Recovery RPE of 6	15 1 M wu, 1 M cd 4 x 800 w 800 rec. RPE of 9	16 6 Miles Total 3 Miles at RPE of 6 3 Miles at RPE of 7-8	17 1 M wu, 1 M cd 2 x 1.5 Mile Tempo 5 Minutes Btwn	18 Cross Training 30 Minutes of Strength or Walking	19 8 Miles Total 20 Minutes Fast During your run
20 1 Hour of Active Recovery	21 3 Miles Recovery RPE of 6	22 1 M wu, 1 M cd 6 x 800 w 800 rec. RPE of 9	23 6 Miles Total 3 Miles at RPE of 6 3 Miles at RPE of 7-8	24 1 M wu, 1 M cd 2 x 2 Mile Tempo 5 Minutes Btwn	25 Cross Training 30 Minutes of Strength or Walking	26 8 Miles Total 20 Minutes Fast x 2 Set during your run
27 1 Hour of Active Recovery	28 4 Miles Recovery RPE of 6	29 1 M wu, 1 M cd 5 x 800 w 800 rec. 2 x 400 w 400 rec. RPE of 9	30 6 Miles Total 3 Miles at RPE of 6 3 Miles at RPE of 7-8	31 1 M wu, 1 M cd 2 x 2 Mile Tempo 5 Minutes Btwn		

10K Racing

April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cross Training 30 Minutes of Strength or Walking	2 8 Miles Total 30 Minute Fast during your run
3 1 Hour of Active Recovery	4 4 Miles Recovery RPE of 6	5 1 M wu, 1 M cd 5 x 800 w 800 rec. 4 x 400 w 400 rec. RPE of 9	6 6 Miles Total 3 Miles at RPE of 6 3 Miles at RPE of 7-8	7 1 M wu, 1 M cd 2 Mile at Tempo RPE of 9	8 Cross Training 30 Minutes of Strength or Walking	9 9 Miles Easy
10 1 Hour of Active Recovery	11 4 Miles Recovery RPE of 6	12 1 M wu, 1 M cd 7 x 800 w 800 rec. RPE of 9	13 6 Miles Total 3 Miles at RPE of 6 3 Miles at RPE of 7-8	14 1 M wu, 1 M cd 3 Mile at Tempo RPE of 9	15 Cross Training 30 Minutes of Strength or Walking	16 8 Miles Total 30 Minute Fast during your run
17 1 Hour of Active Recovery	18 4 Miles Recovery RPE of 6	19 1 M wu, 1 M cd 10 x 400 w 400 rec. 4 x 200 w 200 rec. RPE of 9	20 6 Miles Total 3 Miles at RPE of 6 3 Miles at RPE of 7-8	21 1 M wu, 1 M cd 4 Mile at Tempo RPE of 9	22 Cross Training 30 Minutes of Strength or Walking	23 9 Miles Total 20 Minutes Fast x 2 sets during your run
24 1 Hour of Active Recovery	25 4 Miles Recovery RPE of 6	26 1 M wu, 1 M cd 6 x 400 w 400 rec. 6 x 200 w 200 rec. RPE of 9	27 6 Miles Total 3 Miles at RPE of 6 3 Miles at RPE of 7-8	28 1 M wu, 1 M cd 3 Mile at Tempo RPE of 9	29 Cross Training 30 Minutes of Strength or Walking	30  6 Miles Total

10K Racing

May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 Hour of Active Recovery	2 5 Mile Run	3 1 M wu, 2 M cd 6 x 400 w 400 rec.	4 Off	5 6 Mile Run	6 Cross Training 30 Minutes of Strength or Walking	7 4 Mile Run
8 Race Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



10K Racing