

OLD POINT NATIONAL BANK WICKED 10K TRAINING PLAN

ADVANCED



PRESENTED BY Bon Secours

WEEK OF	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 AUG 19	6 miles easy and 4x30 second strides + mobility	Fartlek: 2 miles warmup, then 10 sets of 1min and 1 min off, cooldown easy to hit 7 + strength training	5 miles easy recovery & foam roll	4 miles easy & 30 mins cross train your choice	6 miles: 2 mile warmup, 2 mile steady state, 2 miles easy + strength training	9 miles easy	Off/Walk
2 AUG 26	6 miles easy and 4x30 second strides + mobility	7 miles easy/how you feel	Fartlek: 2 miles warmup, then 2 sets 4x30 seconds, 3x1 min, 2x2 min, 1x3 min with equal rest. Cooldown to hit 8-9 + strength training	4 miles easy & 30 mins cross train your choice	6 miles easy and 4x30 second strides	10 miles progressive, warmup 4 miles, cut down 5-10 sec per mile from 5-10, cooldown 2 miles - take fluids every 4 miles	Off/Foam Roll
3 SEPT 2	6 miles easy and 4x30 second strides + mobility	Hill workout: 2 miles warmup, 10x300 @ 5k-10k effort with easy recovery jog down. Cooldown to hit 7-8 + strength training	5 miles easy & foam roll	4 miles easy & 30 mins cross train your choice	8 miles with broken tempo. Warmup 2 miles easy, then 3x6min tempo sets broken up as 2mins @ 20 sec slower than tempo effort, 2 mins @ tempo effort, 2 mins 10 sec faster than tempo, take 3-4 mins easy jog in between sets. Cooldown to hit 8 + strength training	10 miles easy	Off/Foam Roll/ Mobility
4 SEPT 9	Down week this week. 6 miles and 4x30 second strides + mobility	6 miles easy/how you feel + strength training	8 miles, go easy the first half, can pick it up a bit on the second half + foam roll	4 miles easy & 30 mins cross train your choice + strength training	5 miles easy with 4x30 second strides + mobility	11 miles with 3 mile warmup, then 1 mile @ goal HM pace on 4/6/8/10 and 1 mile off on 5/7/9/11	Off/Foam Roll/ Mobility
5 SEPT 16	6 miles and 4x30 second strides + mobility	Fartlek: 2 miles warmup then 2 x (90sec on, 30 sec off) 4 x (60 sec on, 60 sec off) 4 x (30 sec on, 30 sec off) 4 x (15 sec on, 15 sec off) 1-2 mile easy cooldown jog, cooldown to hit 9 miles (stay controlled)	6 miles easy recovery + foam roll & strength training	4 miles easy & 30 mins cross train your choice + strength training	9 miles with 800m repeats. Warmup 2 miles and then 6x800 @ 10K/tempo effort with 2 mins recovery. Cooldown to hit 9 + foam roll & mobility	10 miles very easy	Off/Foam Roll/ Mobility
6 SEPT 23	6 miles and 4x30 second strides + mobility	7 miles easy/how you feel	Fartlek: 2 miles warmup, then 4 sets 4x30 seconds, 3x1 min, 2x2 min, 1x3 min with equal rest. Cooldown to hit 9-10 + strength training	5 miles easy & 30 mins cross train your choice + strength training	6 miles easy and 4x20 second strides + mobility	12 miles easy	Off/Foam Roll/ Mobility
7 SEPT 30	7 miles and 4x30 second strides + mobility	Track workout: 2 miles warmup, 14x400 @ 5K-10K effort with 60-75 sec easy recovery jog. Cooldown to hit 9 + strength	6 miles easy recovery	5 miles easy & 30 mins cross train your choice + strength training	6 miles easy and 4x20 second strides + mobility	13 miles progressive	Off/Foam Roll/ Mobility
8 OCT 7	6 miles easy and 4x20 second strides	8 miles: 2 mile warmup, 4 miles @ steady state pace, 2 miles cooldown + strength training	6 miles easy recovery	5 miles easy + 30 mins cross train your choice	9 miles with 2 mile warmup, then 4xmile @ goal tempo pace and 2-3 mins recovery. Cooldown to hit 9 + mobility	11 miles easy	Off/Foam Roll/ Mobility
9 OCT 14	6 miles easy and 6x20 second strides	Fartlek: 2 miles warmup, then 15x1 min "on" and 1 min "off" cooldown to hit 8 + strength training	6 miles easy recovery	5 miles easy + 30 mins cross train your choice	Last big workout! 9 miles with 2 mile warmup, then 3x2 miles @ tempo pace and 2 mins recovery. Cooldown to hit 9 + mobility	8 miles easy	Off/Foam Roll/ Mobility
10 OCT 21	5 miles easy and 6x20 second strides	5 miles easy + mobility	Track workout of 2 miles warmup, 8x400 @ 5K-10K effort with 60 seconds easy recovery jog. Cooldown to hit 6	3 miles easy + 20 mins cross train your choice	4 miles easy	RACE 10K	

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1. The ten week training plan is programmed to start August 19th.
2. For the intermediate/advanced plan, you should already be used to running 40-60 miles a week and be comfortable with doing workouts 1-2x per week.
3. This training plan is still customizable to your schedule! If you are not ready for this intensity, try adding one of the Tuesday/Wednesday workouts into your training or you can always do a few less reps...any amount of harder effort training can go a long way!
4. Move days around as needed, but the general rule is to make sure you have 1-2 easy days between any harder efforts. A good way to monitor your progress is with a heart rate monitor so you can gauge what is a hard effort and what pace you should be keeping easy days.
5. You'll notice this schedule has 3 up weeks and then 1 down week cycle...keep the down week easy!
6. You'll notice strides are listed once per week for most of the schedule. So what is a stride? To run faster, we have to practice running faster! Strides are a simple way to build some speed and reinforce good form by doing just that. After your run, stop and take a few moments to breathe, walk, do some simple form drills. Then you'll "stride out" (i.e. run fast) for 20 seconds. These are not all-out sprints, but close to that, just more controlled. For strides, get up to 80-90% of how fast you would run a sprint. After the stride, stop and recover by walking around for 30-60 seconds before beginning the next one.
7. Strength training and mobility are important for runners. There are tons of YouTube videos with both strength and mobility routines that you can follow that are free and easy to do at home if you do not have access to a gym!
8. Change days of the week that you run on to work what's best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule.
9. The weekend of August 31st is our Virginia Beach 10 Miler & 5K. This is a great option to break up some of the long runs and get used to racing!
10. Have FUN and see you in 10 weeks!