



Running Plan: 8-10k	
Goal:	finish compete place
Givens:	you exercise 2-3x/week for at least 30:00 a session, you have no injuries or conditions that prevent you from running

Phase	Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Hours
base	1	run 1.0 mi	X-Train 15:00	REST	run 1.0 mi	X-Train 15:00	REST	REST	1.0
		get on track with an EZ run that should leave you wanting more	swim, bike, etc. nice and EZ	don't get carried away with training too hard too soon	change your running route and keep the intensity low	finish up week 1 with another solid training session	if you haven't already done so, sign up for your race today	need new running shoes? now is the time to buy	
base	2	run 2.0 mi	X-Train 25:00	run 1.5 mi	X-Train 30:00	run 2.0 mi	REST	REST	1.5-2.0
		double last week's distance and double the fun!	allow for a 5:00 warm-up then get into your "zone"	still moderate intensity	try something different such as a rowing machine	nice work this week!	stretch those legs, especially your IT bands	get psyched for your first breakthrough workout!	
base	3	run 3.0 mi	X-Train 35:00	run 2.0 mi	X-Train 35:00	run 2.0 mi	REST	REST	2.0-2.5
		this distance should be a bit of a challenge, but you can do it!	great job yesterday, let's keep today light and EZ	try some treadmill running to reduce the pounding on the knees	keep your intensity at a 6 on a scale of 1-10, with 10 being the hardest	today's goal: count your stride cadence, it should be ~80-90/leg/1:00	exercise is a stressor and rest allows you to heal and get fitter	stay off of your feet as much as possible, 4 miles tomorrow!	
base	4	run 4.0 mi	X-Train 40:00	run 2.5 mi	X-Train 40:00	run 3.0 mi	REST	REST	2.5-3.0
		now we're building up some serious endurance!	today's goal: active recovery	focus on keeping the shoulders relaxed and arms at 90 degrees	today is national "bring an exercise buddy day"	one last run for the week then 2 days off!	reflect on the amazing progress you've made these past 4 weeks!	stretch the legs and do some abdominal crunches	

Legend: recovery (yellow) bt workout (blue) race (red)

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