

10K-BEGINNER

Your goal: Complete a 10K race / Be able to run steadily for 6.1 miles, or approximately 60-75 minutes.

Prerequisite: You'll be able to complete this schedule if you've already followed and completed a beginner's 5K schedule, or you're currently able to run comfortably for 20-25 minutes without stopping.

Schedule: 3-4 times per week for 6 weeks

*All minute repeats should include equal minute recovery before starting the next interval

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
week 1	20 min: easy run	Rest	25 min: easy run	Rest	25 min: easy run	Rest	30 min: easy run
week 2	Rest	35 min: easy run	Rest	30 min: easy run	Rest	40 min: easy run	Rest
week 3	30 min: easy run	Rest	40 min: *4x2 min @ RPE** 3-4, 2x4 min @ RPE** 3-4	Rest	25 min: easy run	Rest	50 min: easy run
week 4	Rest	40 min: *4x3 min @ RPE** 3-5, 2x5 min @ RPE** 3-4	Rest	40 min: easy run	Rest	25 min: easy run	55 min: easy run
week 5	Rest	45 min: *4x4 min @ RPE** 3-5, 2x6min @ RPE** 3-4	Rest	40 min: easy run	25 min: easy run	Rest	60 min: easy run
week 6	Rest	35 min: *6x1 min @ RPE** 3-5	Rest	30 min: easy run	25 min: easy run	Rest	10K Race

RPE (PERCEIVED EFFORT SCALE)**

To reap the most cardiovascular benefits from your workout, it's important to gauge the intensity of different activity. The Perceived Effort Scale is a system developed to effectively communicate your response to a specific training session or race challenge. It's based on your feeling of physical stress and it matches that feeling to a numbered scale.

For example, if a hypothetical plan calls for you to run 5 miles with 4 x 2 minutes at an RPE of 3 to 4, that means warm up for 10 minutes and then slowly build your speed until you begin to feel your breathing get deeper. Hold this feeling for 2 minutes and then slow down and run easy for another 5 minutes and repeat. Anyone can use RPE to effectively gauge exercise intensity.

RPE	Degree of Challenge	Rate of Breathing	Ability to Breathe
1.0	very light		
2.0	light	very easy	very comfortable
3.0	moderate	comfortable	easy / moderate
4.0	somewhat strong	steady rhythm	somewhat difficult
5.0	strong	deep but steady	difficult
6.0	strong to very strong		difficult to very difficult
7.0	very strong	deep and rapid	very difficult
8.0	very very strong	very deep and rapid	extremely difficult
9.0	near maximum	nearly breathless	almost impossible
10.0	maximum	breathlessness	impossible

The Modified Borg-Noble Intensity Scale, from *The 10-Minute L.E.A.P.*, Regan Press, 1998, P.28