8 WEEKS

Holyoke St. Patrick's Day Road Race Ready 10k Training Plan

This plan assumes a runner or walker has some base mileage. It is designed to help you feel good while participating in the Holyoke St. Patrick's Road Race! *Consult a physician before beginning any exercise program.*

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	rest day	20 minutes easy running	8-10 x 400m @ 10K goal race pace (GRP) w/ 1:30 recovery	20 minutes easy running	rest day	3-4 miles easy running	45-60 minutes **cross training** + core work/ strength
2	rest day	30-40 minutes easy running + 5 strides	6-8 x 800m @ 10K GRP w/ 2:00 recovery	30-40 minutes easy running	rest day	4-5 miles easy running	45-60 minutes cross training + core work/ strength
3	rest day	30-40 minutes easy running + 5 strides	6-8 x 800m @ 10K GRP w/ 2:00 recovery	30-40 minutes easy running	rest day	5-6 miles easy running	45-60 minutes cross training + core work/ strength
4	rest day	20 minutes easy running	8-10 x 400m @ 5K GRP w/ 1:30 recovery	20 minutes easy running	rest day	3-4 miles easy running	45-60 minutes cross training + core work/ strength
5	rest day	30-40 minutes easy running + 5 strides	3-4 x 1-mile @ 10K GRP w/ 3:00 recovery	30-40 minutes easy running	rest day	5-6 miles easy running	45-60 minutes cross training + core work/ strength
6	rest day	30-40 minutes easy running + 5 strides	6-8 x 800m @ 10K GRP w/ 2:00 recovery	30-40 minutes easy running	rest day	5-6 miles easy running	45-60 minutes cross training + core work/ strength
7	rest day	30-40 minutes easy running + 5 strides	8-10 x 400m @ 5K GRP w/ 1:30 recovery	30-40 minutes easy running	rest day	3-4 miles easy running	45-60 minutes cross training + core work/ strength
8	rest day	30-40 minutes easy running + 5 strides	2 x 1-mile @ 10K GRP w/ 3:00 recovery	20 minutes easy running	rest day	RACE DAY!	Rest Day! Enjoy the Holyoke St. Patrick's Day Parade