



Holyoke St. Patrick's Road Race 10K Training Plan



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

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2/23-3/1	Meet at the Y! 12pm Group Training Run	Rest or Yoga/Stretch	4 miles total (4x400m @ 10K pace)	3 miles easy run	2-3 easy + light strength	Rest	Cross Train or easy run 2-4 miles
2 3/2-3/8	Meet at the Y! 12pm Group Training Run	Rest or Yoga/Stretch	5 Miles 2 tempo miles (10k pace)	3-4 miles easy run	Hill workout 6x 45 sec uphill/incline run	Rest	Cross Train or Easy Run 3-4 miles
3 3/9-3/15	Meet at the Y! 12pm Group Training Run	Rest or Yoga/Stretch	5 Miles 5x800m @ 10k pace	3-4 miles easy run or cross train	3 miles easy run & 5 strides	Cross Train	Rest
4 3/16-3/22	Meet at the Y! 12pm Group Training Run	Rest or Yoga/Stretch	4 -5 miles Run 3 miles @ goal race pace	3 miles easy run or cross train	2 miles easy run & 5 strides	Rest	RACE DAY 10K @ 1PM!

Visit www.holyokeymca.org and click on "Schedules" for Sunday Group Training Run details!