TD Beach To Beacon 10K Road Race

25TH RUNNING

BEACH TO BEACON 10K

beach2beacon.org
#tdb2b10k

NOVICE/INTERMEDIATE RUNNERS

6-WEEK TRAINING PLAN

Long Run
One of the most important runs, they increase endurance and aerobic capacity. The extra length strengthens your musculoskeletal system to help fight muscular fatigue.

Easy Run
Do most of your training at this comfortable, conversational pace to build a solid base for higher-intensity training. You should never be "pushing it" on Easy Runs.

Intervals
This is a speed you can maintain for 10-15 minutes at max effort. Intervals have shorter reps with a bigger rest ratio. Run faster than your race pace.

Cross-train + Stretch
Runners are generally pretty tight, especially in our hips, hamstrings and calves. Stretching is a great way to increase mobility. Cross training— especially strength-training—also helps to get stronger and reduce your injury risk.

Tempo
Tempo runs let your body clear as much lactate as it produces, increasing endurance. You should not be able to hold a conversation at this pace.

Hills
A fairly low impact way to increase power, running economy and speed. Longer hills build power while shorter hills develop both power and speed.

Strides
Short, 15-25 second controlled sprints. Do sets of 4-10 starting at interval pace and working up to a full sprint. Do these near the start or end of your run.

Goal Pace
The pace you expect to run during your 10K race.
Tempo Run Pace = T
Interval Training Pace = I

6 WEEKS TO TRAIN   JUNE 26 - AUG 5

	MON	TUES	WED	THU	FRI	SAT	SUN
Week 1 JUNE 26-JULY 2	26 ☐ Rest	27 ☐ Easy Run 3.1 mi	28 ☐ Workout Hill Training: 1 x 90 sec hills, 4 x 45 sec hills, 4 x 60 sec hills, 1 x 90 sec hill	29 ☐ Cross-Train/ Stretch	30 ☐ Rest	1 ☐ Tempo: 2 x 10 min @ T pace, 90 sec jog rest	2 ☐ Long Run 5mi
Week 2 JULY 3-9	3 ☐ Rest	4 ☐ Easy Run 3.1 mi	5 ☐ Workout Tempo Run/Pace Practice: 4-5 x .5 mi @ Goal 10K pace, 1 min walk recovery	6 ☐ Cross-Train/ Stretch	7 ☐ Rest	8 ☐ Easy Run 4.5 mi	9 ☐ Long Run 5.5 mi
Week 3 JULY 10-16	10 ☐ Rest	11 ☐ Easy Run 3.1 mi + 5 x strides	12 ☐ Workout Intervals: 4 x 30 sec on, 30 sec jog, 4 x 60 sec on, 60 sec jog, 4 x 90 sec on, 90 sec jog, 2 min rest	13 ☐ Cross-Train/ Stretch	14 ☐ Rest	15 ☐ Easy Run 3.1 mi	16 ☐ Long Run w/ Tempo: 6.2 mi continuous, 2 mi easy run, 3.1 mi @ T pace, 1.25 mi easy run
Week 4 JULY 17-23	17 ☐ Rest	18 ☐ Easy Run 4 mi	19 ☐ Workout Tempo Run/Pace Practice: 2 mi, 1.25 mi, .5 mi all @ Goal 10K pace, 2 min walk recovery	20 ☐ Cross-Train/ Stretch	21 ☐ Rest	22 ☐ Easy Run 3.1 mi	23 ☐ Long Run 7.5 mi
Week 5 JULY 24-30	24 ☐ Rest	25 ☐ Easy Run 5 mi	26 ☐ Workout Tempo Run/Pace Practice: .5 mi @ I pace, 3.1 mi @ Goal I0K pace, .5mi @ I pace, 2-min rest between	27 ☐ Cross-Train/ Stretch	28 ☐ Rest	29 ☐ Easy Run 4 mi	30 ☐ Long Run 5 mi
Week 6 AUG 31-5	31 ☐ Rest	1 ☐ Easy Run 3.1 mi + 5 x strides	2 ☐ Workout Tempo Run/Pace Practice: 5 x .5mi @ Goal 10K pace, 90 sec rest	3 ☐ Cross-Train/ Stretch	4 ☐ 2-3.1 mi easy Get ready to run!	5 BEACH TO BEACON 10K	