

SUMMER CHALLENGE 2022

9.11 / 10 K TRAINING SCHEDULE



The goal of this plan is to safely build your mileage and fitness to prepare to run 9.11 or 10 kilometers for the Summer Challenge Program! The plan starts with easy run/walk workouts and slowly builds on workout duration, frequency, and intensity each week. As we progress from steady aerobic efforts to hills, we aim to build leg strength. As we transition from hills to faster paced running, the leg strength we built will lead to speed. If at any point the workouts feel like they are too much, ease up your effort to what you can safely and comfortably manage. Every athlete and every body is different! As always, staying healthy and injury free is our #1 goal! If you are new to running or have had a long break from running, aim ease into the workouts with a run/walk approach and target the lower end of the ranges. If you are building on fitness, aim push the upper end of the ranges and challenge yourself!

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
6/13/22	15-25min STEADY RUN	15-25min CROSS TRAINING	15-25min STEADY RUN	15-25min CROSS TRAINING	10-15min EZ RUN/ WALK	1-3MI STEADY RUN	REST
6/20/22	20-30min STEADY RUN	20-30min CROSS TRAINING	20-30min STEADY RUN	20-30min CROSS TRAINING	15-20min EZ RUN/ WALK	1-3MI STEADY RUN	REST
6/27/22	25-35min STEADY RUN	25-35min CROSS TRAINING	25-35min HILL RUN	25-35min CROSS TRAINING	20-25min EZ RUN/ WALK	2-4MI STEADY RUN	REST
7/4/22	10-20min STEADY RUN	REST	10-20min STEADY RUN	REST	20-30min CROSS TRAINING	2-4MI STEADY RUN	REST
7/11/22	25-35min STEADY RUN	25-35min CROSS TRAINING	25-35min HILL RUN	25-35min CROSS TRAINING	20-25min EZ RUN/ WALK	3-5MI STEADY RUN	REST
7/18/22	25-35min STEADY RUN	25-35min CROSS TRAINING	25-35min HILL RUN	25-35min CROSS TRAINING	20-25min EZ RUN/ WALK	3-5MI STEADY RUN	REST
7/25/22	30-40min STEADY RUN	25-35min CROSS TRAINING	30-40min TEMPO	25-35min CROSS TRAINING	25-30min EZ RUN/ WALK	4-6MI STEADY RUN	REST
8/1/22	10-20min STEADY RUN	REST	10-20min STEADY RUN	REST	20-30min CROSS TRAINING	2-3MI STEADY RUN	REST
8/8/22	30-40min STEADY RUN	25-35min CROSS TRAINING	30-40min TEMPO	25-35min CROSS TRAINING	25-30min EZ RUN/ WALK	4-6MI STEADY RUN	REST
8/15/22	35-45min STEADY RUN	25-35min CROSS TRAINING	35-45min SPEED	25-35min CROSS TRAINING	25-30min EZ RUN/ WALK	5-7MI STEADY RUN	REST
8/22/22	35-45min STEADY RUN	25-35min CROSS TRAINING	35-45min SPEED	25-35min CROSS TRAINING	25-30min EZ RUN/ WALK	5-7MI STEADY RUN	REST
8/29/22	25-35min STEADY RUN	20-30min CROSS TRAINING	25-35min TEMPO	REST	20-25min EZ RUN/ WALK	1-3MI STEADY RUN	REST
9/5/22	10-15min STEADY RUN	REST	10-15min STEADY RUN	10-15min STEADY RUN	REST	10-15min STEADY RUN	RACE!

EZ RUN/WALK: Super easy effort (*optional run/walk or walk)

STEADY RUN: Conversational pace, moderate effort: you should still be able to speak sentences while running (*optional run/walk or walk)

CROSS TRAINING DAY: Pick an activity that will get your heart rate up! For example: ride your bike, swim, row, jog, walk, home strength work...

HILL RUN: Find a hill that takes 1-3 minutes to run or walk up, and do 3-6 repeats with an easy walk/jog down. Work the "up" part of the hill hard!

TEMPO: After 5-10 minutes of easy jogging, alternate 3 minutes of moderate paced running with 2 minutes of easy paced running (or walking). Repeat 4-6 times.

SPEED: After 5-10 minutes of easy jogging, alternate 2 minutes of fast paced running with 1 minute of easy paced running (or walking). Repeat 6-8 times (add a fun twist: instead of time, alternate speed between mailboxes or telephone poles!)

REST: Rest days can be full days off (no exercise) or try to treat your body to some form of active recovery: yoga, meditation, bodywork, massage, walk/hike with the family, etc.