



THE RUN FORMULA

www.therunformula.com

12 WEEK - 10K RUN PLAN

This plan is 12 weeks long and will prepare you to complete the Narragansett Summer Running Festival 10K! It is written using rated perceived exertion (RPE) and the provided chart will help you know the effort levels for your runs each day.

Minimum training requirements suggested for this plan:

It is recommended that you should be able to comfortably jog/run for a total of 20 minutes prior to beginning this plan. Keep in mind this is a beginner's plan that is designed to get you to your first 10K finish line.

Estimates for this plan:

Weekly total volumes start at: Approximately 1hr and 40 minutes of running

Weekly total volumes peak at: Approximately 4hrs of running

Think this plan may not be the right plan for you? Check out our other run plan options at www.therunformula.com. We have running plans for all distances and abilities!



A Few Notes about the plan:

- Run workouts are mostly written in duration. All workouts can be adjusted by simply reducing or increasing the length of the workout. If the starting volume is too high, then start the run program at a reduced volume and slowly increase the volume each week. Increasing by 10% each week is a good rule of thumb to use.
- When possible, try to keep your training as scheduled on the plan. If you do need to make adjustments, do not "stack" your workouts so that you have multiple run/hard days in a row. The key is allowing your body to recover from the hard sessions by incorporating easier days in-between. Make an effort to have a rest or recovery day one day per week. If you need to take an additional day off each week - skip the workouts listed as recovery or cross training days.
- Here is a guide to some of the common terminology referred to in the plan. **Examples:** - **RI** (Rest Interval) - Amount of Rest between each set, **30"** (30 seconds), **2'** (2 minutes), **Z1** (Zone One RPE)

Example workout: **33' Aerobic - Z1**
 5' run steady pace
 30" walk for total of 33'

This refers to – total workout 33 minutes – Aerobic Z1 pace. The breakdown of the workout is 5 minutes of running and 30 seconds of walking, repeating until you reach a total of 33 minutes. In this example, you would end up running a total of 30 minutes for the workout.

- The plan includes cross training days that are meant to give you a break from the pounding of running, but still keep your body active and your blood flowing! These days could include a walk, a swim or a spin class. Also, of importance is to include some strength work.

WEEK ONE (APRIL 19) - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25' Aerobic - Z1 5' walk 15' run 5' walk Keep HR in Z1 for first 10' run segment – build to low Z3 for final 5'	Day Off	30' Aerobic - Z1 1' walk steady pace 7' run for total of 30' Keep effort in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	25' Aerobic - Z1 1' walk steady pace 4' run for total of 30' Keep effort in Z1 for run segment	Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises	30' Aerobic – Z1 10' walk 20' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session

WEEK TWO (APRIL 26) - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25' Aerobic - Z1 1' walk steady pace 4' run for total of 25' Keep effort in Z1 for run segment	Day Off	40' Aerobic - Z1 1' walk steady pace 7' run for total of 40' Keep effort in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	25' Aerobic - Z1 1' walk steady pace 4' run for total of 25' Keep effort in Z1 for run segment	Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises	40' Aerobic – Z1 15' walk 25' Aerobic - Z1 Run as long as possible while maintaining effort in Zone 1 - walk remainder of session

WEEK THREE (MAY 3) - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25' Aerobic - Z1 1' walk steady pace 4' run for total of 25' Keep effort in Z1 for run segment	Day Off	40' Aerobic - Z1 1' walk steady pace 7' run for total of 40' Keep effort in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	30' Aerobic - Z1 Run 15' Walk 5' Run 10' Keep effort in Z1 for run segment	Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises	50' Aerobic – Z1 15' walk 35' Aerobic - Z1 Run as long as possible while maintaining effort in Zone 1 - walk remainder of session

WEEK FOUR (MAY 10) - RECOVERY WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20' Aerobic - Z1 1' walk steady pace 4' run for total of 20' Keep effort in Z1 for run segment	Day Off	35' Aerobic - Z1 2' walk steady pace 3' run for total of 35' Keep effort in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	15' Stretch/Foam Roll/Core Exercises	Day Off	30' Aerobic – Z1 15' walk 15' Aerobic - Z1 Run as long as possible while maintaining effort in Zone 1 - walk remainder of session

WEEK FIVE (MAY 17) - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35' Aerobic - Z1 1' walk steady pace 6' run for total of 35' Keep effort in Z1 for run segment	Day Off	50' Aerobic - Z1 1' walk steady pace 9' run for total of 50' Keep effort in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	34' Aerobic - Z1 30" walk steady pace 8' run for total of 34' Keep effort in Z1 for run segment	Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises	50' Aerobic – Z1 10' walk 40' Aerobic - Z1 Run as long as possible while maintaining effort in Zone 1 - walk remainder of session

WEEK SIX (MAY 24) - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
33' Aerobic - Z1 1' walk steady pace 10' run for total of 33' Keep effort in Z1 for first 7' of run segment – build to Z2 for remainder.	Day Off	57' Aerobic - Z1 30" walk steady pace 9' run for total of 33' Keep effort in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	35' Aerobic - Z1 30" walk steady pace 2 mile run 30" walk steady pace 1.5 mile run Keep effort in Z1 for run segment	Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises	60' Aerobic – Z1 15' walk 45' Aerobic - Z1 Run as long as possible while maintaining effort in Zone 1 - walk remainder of session

WEEK SEVEN (MAY 31) - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35' Aerobic - Z1 2 x 1 mile run with 1' walk between each Keep effort in Z1 for first run segment. Build to Z2 by the end of the second mile.	Day Off	60' Aerobic - Z1 2 x 2 mile run with 30" walk between each Keep effort in Z1 for first mile of run segment. Final .25 mile of each build to high Z2. 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	40' Aerobic - Z1 3 x 1 mile run with 1' walk between each Keep effort in Z1 for run segment	Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises	70' Aerobic – Z1 15' walk 55' Aerobic - Z1 Run as long as possible while maintaining effort in Zone 1 - walk remainder of session

WEEK EIGHT (JUNE 7) - RECOVERY WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35' Aerobic - Z1 2 x 1.5 mile run with 1' walk between each Keep effort in Z1 for run segment	Day Off	35' Aerobic - Z1 2 x 1 mile run with 30" walk between each Keep effort in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	40' Aerobic - Z1 2 x 1.5 mile run with 30" walk between each Keep effort in Z1 for run segment	Day Off	55' Aerobic – Z1 20' walk 35' Aerobic - Z1 Run as long as possible while maintaining effort in Zone 1 - walk remainder of session 15' Stretch/Foam Roll/Core Exercises

WEEK NINE (JUNE 14) - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' Aerobic - Z1 2 x 2.5 mile run with 1' walk between each Keep effort in Z1 for run segment	Day Off	45' Aerobic - Z1 3 x 15' run with 30" walk between each Keep effort in Z1 for first 15' run segment – Z2 for second run segment 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	60' Aerobic - Z1 3 x 2 mile run with 30" walk between each Keep effort in Z1 for first mile of run segment. Final .25 mile of each build to low Z3.	Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises	70' Aerobic – Z1 10' walk 60' Aerobic - Z1 Run as long as possible while maintaining effort in Zone 1 - walk remainder of session

WEEK TEN (JUNE 21) - PEAK WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30' Aerobic - Z1 5' walk 20' run 5' walk Keep effort in Z1 for first 15' run segment – build to low Z3 for final 5'	Day Off	60' Aerobic - Z1 4 x 15' run with 30" walk between each Keep effort in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises	Cross Train - Bike Ride, Walk, Swim, Strength	65' Aerobic - Z1 3 x 2.25 mile run with 30" walk between each Keep effort in Z1 for first two run segments. Build to Z2 for final run	Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises	80' Aerobic – Z1 15' walk 65' Aerobic - Z1 Run as long as possible while maintaining effort in Zone 1 - walk remainder of session

WEEK ELEVEN (JUNE 28) - MAINTENANCE/TAPER WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross Train - Bike Ride, Walk, Swim, Strength	Day Off	30' Aerobic - Z1 3 x 8' run with 30" walk between each Keep HR in Z1 for first two run segments – Z2 for final run segment 15' Stretch/Foam Roll/Core Exercises	25' Aerobic - Z1 5' walk 15' run 5' walk Keep HR in Z1 for first 10' run segment – build to low Z3 for final 5'	40' Aerobic - Z1 2 x 1.5 mile run with 30" walk between each Keep HR in Z1 for run segment	Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises	40' Aerobic – Z1 15' walk 25' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session

WEEK TWELVE (JULY 5) – RACE WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35' Aerobic - Z1 2 x 1 mile run with 30" walk between each Allow effort to go into Z2 for the run segment	15' Stretch/Foam Roll/Core Exercises	30' Aerobic - Z1 5' walk 20' run 5' walk Keep effort in Z1 for run segment	Day Off	15' Stretch/Foam Roll/Core Exercises	20' Aerobic - Z1 5' walk 10' Aerobic - Z1 build to Z2 5' walk 15' Stretch/Foam Roll/Core Exercises	RACE DAY!!

