

Race w Grace 2010 Training Schedule

20 Weeks to a 10K

July																	August																		
DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
Novice	1	OFF	1	OFF	1	OFF	1	4.0	Novice	OFF	1	1	OFF	1	1	OFF	4.0	Novice	1.25	OFF	1.25	OFF	1.25	OFF	1.25	5.0	Novice	OFF	1.25	1.25	OFF	1.25	1.25	OFF	5.0
Veteran	5	4	6	OFF	4	6	OFF	25.0	Veteran	5	4	6	OFF	4	6	OFF	25.0	Veteran	6	4	OFF	7	OFF	8	4	29.0	Veteran	OFF	7	5	OFF	5	6	4	27.0
Actual									Actual									Actual									Actual								
August																	September																		
DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
Novice	1.5	OFF	1.5	OFF	1.5	OFF	1.5	6.0	Novice	OFF	1.5	1.5	OFF	1.5	1.5	OFF	6.0	Novice	2	OFF	2	OFF	2	OFF	2	8.0	Novice	OFF	2	2	OFF	2	2	OFF	8.0
Veteran	OFF	7	6	7	OFF	8	4	32.0	Veteran	OFF	7	5	OFF	4	6	6	28.0	Veteran	OFF	7	6	7	OFF	8	5	33.0	Veteran	OFF	7	5	OFF	4	6	6	28.0
Actual									Actual									Actual									Actual								
September																	October																		
DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
Novice	2.5	OFF	2.5	OFF	2.5	OFF	2.5	10.0	Novice	OFF	2.5	2.5	OFF	2.5	2.8	OFF	10.3	Novice	2.5	OFF	3	OFF	2.5	OFF	3	11.0	Novice	OFF	3	3	OFF	3	3	OFF	12.0
Veteran	OFF	6	8	6	OFF	10	6	36.0	Veteran	OFF	7	5	OFF	4	6	6	28.0	Veteran	OFF	6	8	6	OFF	10	5	35.0	Veteran	OFF	7	6	7	OFF	8	5	33.0
Actual									Actual									Actual									Actual								
October																	November																		
DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
Novice	3	OFF	3	OFF	3	OFF	3	12.0	Novice	OFF	3.5	3	OFF	3	3.1	OFF	12.6	Novice	3.5	OFF	3.5	OFF	3.5	OFF	3.5	14.0	Novice	OFF	3.5	4	OFF	3.5	4	OFF	15.0
Veteran	OFF	6	8	6	OFF	10	6	36.0	Veteran	OFF	7	5	7	OFF	8	6	33.0	Veteran	OFF	8	6	6	OFF	12	6	38.0	Veteran	OFF	6	8	6	OFF	10	6	36.0
Actual									Actual									Actual									Actual								
DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
Novice	4	OFF	3.5	OFF	4	OFF	4.5	16.0	Novice	OFF	4	4	OFF	4	5	OFF	17.0	Novice	4	OFF	5	4	OFF	6.2	OFF	19.2	Novice	4	3	OFF					7.0
Veteran	OFF	8	6	6	OFF	12	6	38.0	Veteran	OFF	5	8	5	OFF	10	5	33.0	Veteran	OFF	6	4	6	OFF	6.2	OFF	22.2	Veteran	6	4	OFF					10.0
Actual									Actual									Actual									Actual								

NOVICE
 The novice training schedule is designed for someone who has NEVER run before. Before embarking on the program, please make sure you are in good physical health. The schedule can be accelerated if your fitness level can tolerate it. The *rule of thumb* is not to increase mileage by more than 10% each week.

VETERAN
 The veteran training schedule is intended to lead the *vet* to a **PR** or personal best. The veteran should already be running 25 (or more) miles/week with a weekly high of 6 miles. One day/week should be dedicated to speedwork. Do 1/4's (10-12) or 1/2's (5-6) at your target race pace with appropriate rest (slow jog) in between. Remember to warm-up and cool down (usually a minimum of 1 mile for each) appropriately.

Group Training Opportunities (tentative schedule)
 August 21st ... 2-6 miles with the Bagel Bunch**/7:00 am
 September 18th ... 3-6 miles with the Bagel Bunch**/7:00 am
 October 16th Run for Hospice 5K at G&TSP/9:00 am
 November 13th ... 5 miles with the Bagel Bunch**/7:00 am
 November 20th ... 10K (run the course) at FBBC/7:00 am
 ** the Bagel Bunch meets at Bruegger's/Latta & Long Pond Roads