



INTERMEDIATE

10-WEEK TRAINING

Training Plan provided by Lincoln Running Company

WEEK ONE

10 weeks to prepare for the Early Bird 10 Miler! 10 weeks to get better and stay healthy. Get some strength stuff started and you will accomplish both – along with this running schedule... you got this!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None	WARM-UP: None	WARM-UP: None	WARM-UP: None	WARM-UP: None	WARM-UP: None	WARM-UP: None
WORKOUT: An off day to start the week?? YOU BET!	WORKOUT: 5 miles Getting used to hills! Hilly route is on tap today. Just run it – nothing special!	WORKOUT: 4-5 miles 3 Bears Run – not too slow – not too fast – just right! 4 x 100 strides after	WORKOUT: Off	WORKOUT: 5 mile Progressive run Start out SLOW! Then each mile get about 5-10 seconds faster! Make last 5 minutes and easy cool down!	WORKOUT: Easy 5	WORKOUT: 6-8 miles
COOL DOWN: None	COOL DOWN: None	COOL DOWN: None	COOL DOWN: None	COOL DOWN: None	COOL DOWN: None	COOL DOWN: None
MILEAGE TOTAL: 0	MILEAGE TOTAL: 5	MILEAGE TOTAL: 4-5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 5	MILEAGE TOTAL: 5	MILEAGE TOTAL: 6-8

WEEK TWO

Tempo Thursday! These are super fun if done right and a real confidence booster! Tempos are done at a pace you could sustain for an hour.....can you feel that pace? You will by the time we are done with training!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None	WARM-UP: None	WARM-UP: None	WARM-UP: None	WARM-UP: 1 Mile	WARM-UP: None	WARM-UP: None
WORKOUT: 4 miles Sundays are for AWE Runs! OR for NO RUNS! You decide – either way - head out to nature and rejuvenate your soul!	WORKOUT: 5 miles Head to that hilly route again – this week let's work the uphill – just a bit!	WORKOUT: 5 miles Steady Run – keep it honest – then 4x100 meter strides after!	WORKOUT: Off - yep again!	WORKOUT: Tempo Time! Tempos are the backbone of 10 mile training, so Enjoy these! 1 mile at tempo, 5 min easy, 1 mile at tempo 5 min easy.	WORKOUT: 5 miles easy	WORKOUT: 6-8 miles
COOL DOWN: None	COOL DOWN: None	COOL DOWN: None	COOL DOWN: None	COOL DOWN: 1 Mile	COOL DOWN: None	COOL DOWN: None
MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 5	MILEAGE TOTAL: 5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 5	MILEAGE TOTAL: 5	MILEAGE TOTAL: 6-8

WEEK THREE

Starting some more workouts – our goal is to get faster, right? To run fast – you have to run fast!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: AWE RUN or WALK! This is as important as a good workout day – this is the time to recover – physically and mentally! COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: 5 UP HILLS this week! Find a good hill – 45 - 60 seconds to get up it.....run hard up the hill 5 times and very easy and light on the down hill COOL DOWN: 2 Miles	WARM-UP: 1 Mile WORKOUT: Tempo Tuesday! 1 mile tempo, 5 min easy, 1 mile tempo COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: Mixed energy workout – best thing ever! 30 secs hard/ 30 sec easy x 4; 5 min easy jog recovery; 10 min tempo; 5 min easy; 30 sec hard/30 sec easy x 4 COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Easy peasy 4 miles COOL DOWN: None	WARM-UP: None WORKOUT: 6 miles – backing it off after a big week of workouts! COOL DOWN: None
MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 5	MILEAGE TOTAL: 5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 6	MILEAGE TOTAL: 4	MILEAGE TOTAL: 6



GOAL SETTING IS NOT A MIND GAME. IT IS A PROCESS OF DEVELOPING THE INTERNAL WILLPOWER TO ACCOMPLISH WHAT YOU HAVE SET OUT TO DO.

WEEK FOUR

Adding some fun to the hills – be sure to pace yourself on the first one so you can go a bit further every repeat!
FUN is the name of the game this week!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: AWE RUN or WALK TIME! Get out and enjoy a new park or trail! Lincoln is FULL of them! COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: Uphills again – this time we are going to play a game called Stretch Intervals! You need 2 socks – warm up to your hill – Run 30 seconds “fairly hard” up the hill and drop one of your socks, jog back down. Run harder for 30 seconds up the hill – this time going past the sock you dropped. Drop the 2nd sock – pick up the first one on the way down. Repeat 4 more times , each time going further! COOL DOWN: 2+ Miles back home	WARM-UP: None WORKOUT: 5 miles Easy day today – just enjoy the run! COOL DOWN: None	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: Some more hills (The hillier the better, build those muscles!) 10 min tempo, 5 min easy - 6 x up hill (easy jog on the down hill) - 5 min easy - 5 min tempo COOL DOWN: Cool down til you get to 6 total miles.	WARM-UP: None WORKOUT: Easy peasy 4 miles COOL DOWN: None	WARM-UP: None WORKOUT: Adding on to the long run 8 -10 miles – make sure you feel good at the end – do what you need to do to fuel yourself properly! COOL DOWN: None
MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 6	MILEAGE TOTAL: 5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 6	MILEAGE TOTAL: 4	MILEAGE TOTAL: 8-10

WEEK FIVE

Half way there! Every long run from now on out is a dress rehearsal! *Sleep well the night before *Run in the morning (the race is in the morning) *Eat what you will race morning *Hydrate like you will race morning *Experiment with apparel.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: Because they are SO good for you – another walk or run in nature... AWE RUN or WALK 3 miles! COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: 6 x downhill YEP – you read that right DOWNHILLS! They are so much fun – but they can beat you up so take it easy this first time.... Easy uphill and fast downhill. You'll be pounding a bit but that is ok – we are beating the legs up and then letting them recover and get stronger! COOL DOWN: 2 Miles	WARM-UP: None WORKOUT: Easy 6 miler – letting the legs recover from the downhill! They™ thank you for it by getting stronger! COOL DOWN: None	WARM-UP: None WORKOUT: It's an OFF day!!! COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: 5 min tempo with 2 min recovery jog x 3 times COOL DOWN: 2 Miles	WARM-UP: None WORKOUT: Nice and easy 5 miler! COOL DOWN: None	WARM-UP: None WORKOUT: 10-12 miles – middle 2 miles 10 mile race pace + 20-30 seconds COOL DOWN: None
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 6	MILEAGE TOTAL: 6	MILEAGE TOTAL: 0	MILEAGE TOTAL: 7	MILEAGE TOTAL: 5	MILEAGE TOTAL: 10-12



PHYSICAL TRAINING TAKES PLACE AT THE LEVEL OF THE CELL. THAT'S WHY NOTHING IS MORE IMPORTANT IN TRAINING THAN PATIENCE. – JOHN JEROME, *THE ELEMENTS OF EFFORT*


WEEK SIX

Oh man – now the fun begins! Miles, speed, tempos...it's all there this week! Enjoy and stay healthy by doing all the LITTLE things right! Adequate sleep, fueling, hydration, rest and recovery days..... All are as important as the workouts!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: Starting the week off right with an ...you got itAWE RUN! 3-4 miles of fun and nature! COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: 8 x downhill Here we go again! Down the hill hard and up the hill easy! COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Progressive run for 5-6 miles – Remember to start off slow and each mile get 5-10 seconds faster COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: It's an OFF day again!  COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: BEST DAY EVER!!! Descending ladder day!!! 5 min hard/1 min easy, 4 min hard/1 min easy, 3 min hard/1 min easy, 2 min hard 1 min easy, 1 min hard! COOL DOWN: 2 Miles	WARM-UP: None WORKOUT: Easy 4-5 recovery run....how slow can you go??  COOL DOWN: None	WARM-UP: None WORKOUT: Good solid 12 – 14 12 if you are racing next week – 14 if not COOL DOWN: None
MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 6	MILEAGE TOTAL: 6-7	MILEAGE TOTAL: 0	MILEAGE TOTAL: 7	MILEAGE TOTAL: 4-5	MILEAGE TOTAL: 12-14

WEEK SEVEN

Another BIG week

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: Of course we will have an AWE RUN! Never more needed than 3 weeks out from a race!! 3-4 miles COOL DOWN: None	WARM-UP: 2.5 Miles WORKOUT: 8 downhill! Downhills once again....get those legs turning over going down hilleasy on the up hills! COOL DOWN: 2.5 Miles	WARM-UP: 1 Mile WORKOUT: Two Mile Toughies! (fun names make the workouts more fun) 2 miles a little slower than tempo 5 min easy 2 miles at tempo COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Off day - go for a walk in some sunshine (fingers crossed on the sunshine)  COOL DOWN: None	WARM-UP: None WORKOUT: No workout – just a fun 6 miles with 4 strides after COOL DOWN: None	WARM-UP: None WORKOUT: Easy 5 miles COOL DOWN: None	WARM-UP: None WORKOUT: 12 miles with a bit of a workout thrown in! 5 miles easy 2 miles at your ½ marathon pace 5 miles easy COOL DOWN: None
MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 6	MILEAGE TOTAL: 7	MILEAGE TOTAL: 0	MILEAGE TOTAL: 6	MILEAGE TOTAL: 5	MILEAGE TOTAL: 12



“RUNNING TELLS US THE GOOD NEWS ABOUT OURSELVES!”

- GEORGE SHEEHAN IN *HEROS AND SPARROWS: A CELEBRATION OF RUNNING*

WEEK EIGHT

BODY CHECK TIME! Do you : Need to stretch a certain part of your body? Foam roll? Ice? Heat? Get a massage? If you need to do any of these things – NOW'S THE TIME!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: AWE RUN for sure! 3 miles!! COOL DOWN: None	WARM-UP: None WORKOUT: Hilly route – just roll with it (get it? ROLL with it) 4 Strides after COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: 6 miles total Warm up 1 mile tempo 5 min easy 1 mile tempo Have fun! COOL DOWN: 2 Miles	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: None WORKOUT: 5 miles Dial in that steady pace....a bit faster than easy pace but now it is easy to do! Enjoy this fitness you have achieved!! COOL DOWN: None	WARM-UP: None WORKOUT: 5 Easy Miles COOL DOWN: None	WARM-UP: None WORKOUT: 10 miles – enjoy every mile of it! Doesn't it feel awesome to be fit?! COOL DOWN: None
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 5	MILEAGE TOTAL: 6	MILEAGE TOTAL: 0	MILEAGE TOTAL: 5	MILEAGE TOTAL: 5	MILEAGE TOTAL: 10

WEEK NINE

This is a bit of a taper week.... We are minimizing fatigue without compromising fitness! Think about this.....we have less miles but our intensity stays up so you stay quick and fresh – tell yourself this over and over Mindset is everything


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: AWE RUN for sure! 2-3 miles!! COOL DOWN: None	WARM-UP: None WORKOUT: Flat and a 3 Bears Run Do this JUST RIGHT! COOL DOWN: None	WARM-UP: None WORKOUT: Just 5 miles today and what the heck, let's throw in the middle mile at tempo, just for fun! COOL DOWN: None	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: 1-2 Miles WORKOUT: Perfect workout for 10 days out! Getting those legs turning over! 90 second hard/60 seconds easy 60 seconds hard/30 seconds easy 30 seconds hard/90 seconds easy Repeat this 4 times! COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: 5 easy miles and be sure they are E.A.S.Y! COOL DOWN: None	WARM-UP: None WORKOUT: 6-8 you decide what will get you to the start line ready to run a great 10 miler next week! COOL DOWN: None
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 5	MILEAGE TOTAL: 5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 5-7	MILEAGE TOTAL: 5	MILEAGE TOTAL: 6-8



“ IN ORDER TO BE SUCCESSFUL IN A RACE, YOU HAVE TO KNOW EXACTLY WHAT YOU WANT OUT OF IT. - BILL ROGERS

WEEK TEN

Here it is! You are ready to run great! Trust your training – trust your fitness!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +</i>	IT'S RACE DAY!
WARM-UP: None WORKOUT: AWE RUN for sure! 3 miles!! COOL DOWN: None	WARM-UP: None WORKOUT: Flat 5 miler with some strides after COOL DOWN: None	WARM-UP: None WORKOUT: Throwing a curve ball at you! Today is your OFF day! COOL DOWN: None	WARM-UP: None WORKOUT: Just a little fun today, 5 miles with the middle mile at tempo pace! COOL DOWN: None	WARM-UP: None WORKOUT: Easy peasy 4 miles COOL DOWN: None	WARM-UP: None WORKOUT: 3 - 4 miles with 6 strides after! Notice how easy it feels to run the strides fast! COOL DOWN: None	 WARM-UP: 1-2 Miles WORKOUT: 10 mile race and extra miles of warming up and cooling down! COOL DOWN: 1-2 Miles
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 5	MILEAGE TOTAL: 4	MILEAGE TOTAL: 3-4	MILEAGE TOTAL: 12-14