



# 10 MILE 12 week training program

Running should be simple.

Every time you run, you should have a purpose. Your workouts can improve your fitness base, strength, speed or provide active recovery. We've described a dozen terms below that you should be familiar with. Additional details will be provided throughout the season by your Run Lead, and workouts may be modified for weather, in-season races and more. Good luck and have fun running!

## BASE RUN

Easy	Conversational pace, aerobic base (zones 1-2)
Run/Walk	Combination of running & walking
Long Run	Longest training run of the week
Recovery Run	Slow jog, walk or walk/run in Zone 1

## TRAINING RUN

Race Pace	Targeted race day pace run
Hills	Hill repeats and circuits (loops)
Tempo	Faster paced run designed to improve pace at Anaerobic Threshold
Fartlek	Unplanned segments of hard running with recovery
Interval	Planned segments of hard running with recovery

## OTHER KEY TERMS

Cross Train*	Improve your fitness performance by introducing an alternative exercise. Try any of these great Life Time formats: Barbell Strength, Gluteus MAXout, UPPER Rx, Barre Classes and EDG Cycle
Recovery Day*	Give your muscles a break to repair and heal. Choose an alternative activity to running. Try a Life Power Yoga class such as ROOT or SURRENDER
Anaerobic Threshold	The point at which your body can no longer use fat as fuel

Set your goals, run with us.

### BASE RUN

- Low pressure, high enjoyment casual runs
- Bring a friend and enjoy hitting the pavement outdoors together

### TRAIL RUN

- Build endurance and agility while connecting with nature
- Off-road trails means softer surfaces and more flow

### TRAINING RUN

- Moderate to high intensity workouts to prepare for your next race
- Improve your speed, strength and stamina to crush race day goals



# 10 MILE 12 week training program

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Recovery day*	40 minute training run	20 minute base run + cross train*	40 minute training run	Cross train*	Optional run 30 minutes	50 minute base run
2	Recovery day*	40 minute training run	30 minute base run + cross train*	45 minute training run	Cross train*	Optional run 30 minutes	60 minute base run
3	Recovery day*	50 minute training run	30 minute base run + cross train*	50 minute training run	Cross train*	Optional run 35 minutes	70 minute base run
4	Recovery day*	50 minute training run	30 minute base run + cross train*	50 minute training run	Cross train*	Optional run 40 minutes	80 minute base run
5	Recovery day*	55 minute training run	30 minute base run + cross train*	55 minute training run	Cross train*	Optional run 40 minutes	90 minute base run
6	Recovery day*	55 minute training run	30 minute base run + cross train*	55 minute training run	Cross train*	Optional run 40 minutes	80 minute base run
7	Recovery day*	55 minute training run	30 minute base run + cross train*	55 minute training run	Cross train*	Optional run 40 minutes	1 hr + 35 min base run
8	Recovery day*	55 minute training run	30 minute base run + cross train*	55 minute training run	Cross train*	Optional run 40 minutes	1 hr + 45 min base run

**CROSS TRAIN\*** Improve your fitness performance by introducing an alternative exercise. Try any of these great Life Time formats: Barbell Strength, Gluteus MAXout, UPPER Rx, Barre Classes or EDG Cycle

**RECOVERY DAY\*** Give your muscles a break to repair and heal. Choose an alternative activity to running. Try a Life Power Yoga class such as ROOT or SURRENDER



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	Recovery day*	55 minute training run	30 minute base run + cross train*	55 minute training run	Cross train*	Optional run 40 minutes	1 hr + 50 min base run
10	Recovery day*	55 minute training run	30 minute base run + cross train*	55 minute training run	Cross train*	Optional run 40 minutes	2 hour base run
11	Recovery day*	50 minute training run	30 minute base run + cross train*	50 minute training run	Cross train*	Optional run 30 minutes	75 minute base run
12	Recovery day*	45 minute training run	20 minute base run + cross train*	30 minute training run	Cross train*	Optional run 10 minutes	Race day! 10 miles

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