



12-WEEK PROGRAM

10K

PROGRAM OVERVIEW

Up your game and train for your next 10k. This program will take you from a 5k training program to a 10k finisher (6.2 miles). The program includes speed work, hill intervals, and long distance work combined with our online strength training routines to help you crush your 10k goals!

Average weekly endurance time requirements: 2hr 11min

Average weekly total time requirements: 3hr 41min

Suggested beginner level: Able to run 35 minutes

Ending level: 70min run

Program length: 12 weeks

THE WORKOUTS

This program combines 3 days of endurance training per week with 3 days of strength training workouts. Endurance workouts are detailed in the program to follow. The strength workouts will follow the traditional Fit Collective Online strength training program.

STRENGTH: On your strength workout days, just login to your Fit Collective Online account and get your sweat by following our online strength program. Strength is a critical part to making your running more efficient and helping you to avoid injury.

ENDURANCE: Make your endurance workouts more than just getting in the running time. Each run workout should be purposeful and follow the detailed routine indicated on the schedule. There are a variety of types of workouts in this training program aimed at different training adaptations. See the glossary of terms for more details about each workout type. Make sure to follow the program as it is written to get the most benefit from your training.

RECOVERY: Recovery is a key element of any training program. Spend at least 1 day per week doing some extra foam rolling, stretching, and recovery work. If you have extra time, try to get a few extra sessions of recovery work in during your week.



NUTRITION STRATEGIES

Nutrition is a critical part to keeping you healthy and making your training program a success. We break nutrition down into 3 main categories; daily nutrition, training nutrition, and race nutrition. By following a few simple guidelines you can help keep your energy high, improve your performance, reduce inflammation, and manage your body composition.

DAILY NUTRITION:

Maintaining a balanced and healthy daily diet is paramount in the success of your training. We suggest primarily following the kill it and grow it principle. This means picking foods you can either grow or kill. Choose lots of plant based food that you can grow (broccoli, bell peppers, spinach, kale, blueberries, cherries, oranges, avocados, just to name a few). Make sure to package your meals with protein rich sources to help rebuild and repair your working muscles (salmon, mackerel, halibut, eggs, turkey, chicken, beef, buffalo, etc.) Healthy fats are also important to provide energy, help nerve conduction, and improve vitamin absorption. Some of our favorite fat sources are (avocados, extra virgin olive oil, fish oils, coconut oil, ghee butter, etc.)

Carbohydrates are also an important fuel utilized in endurance training and help provide a large portion of the energy to your muscles during your workouts. This is especially true at higher levels of intensity. Try to get your carbohydrates from non-processed sources. Oats, rice, quinoa, squash, zucchini, and sprouted grains are good options. Try to avoid breads, pastas, and other processed forms.

One of our favorite mantras about food and training is “Eat to train, don’t train to eat.” This means that the primary purpose of eating is to support and provide nutrition for your training and workouts. Just because you are training hard and burning calories is not an excuse to eat whatever you want. With that said, we believe that nutrition strategies should be sustainable. It is ok to treat yourself once in awhile as long as it doesn’t result in you derailing your nutrition plan for weeks on end. Have a piece of birthday cake for your birthday, but don’t make it a daily habit.

Hydration is also important. Make sure to drink plenty of water throughout your day and keep your urine color pale yellow to clear. Urine color is the best household hydration test. Thirst is not an adequate indicator of hydration status. When you are thirsty, you are already dehydrated.



NUTRITION STRATEGIES CONTINUED...

TRAINING NUTRITION:

Your nutrition strategy surrounding your workouts should be slightly different than your nutrition intake throughout the rest of the day. It is best to have a mini meal in the 2-3 hours before your workout and continue to hydrate in the time leading up to your workout. The meal prior to your workout should be lower in fat content and not full of spices to avoid stomach and gut issues in the workout to follow.

If you are working out early in the morning, it is unlikely that you have the ability to eat 2-3 hours before your workout. In this case, it is best to get some nutritional intake within the hour before the workout. This light snack should be a bit more carbohydrate in nature to allow for easy digestion and avoid stomach issues during the workout. A banana, natural energy bar (Rx bar or Larabar), or similar can be a good choice if pinched for time.

During your training, we suggest only drinking water as needed if you are exercising in warm environments. If you are exercising in cooler temperatures, you may not need any additional fluid intake during your workouts that are under 45-minutes. For workouts over 60-minutes you may also want to supplement with sports drink or other easily digestible nutrition with carbohydrates and electrolytes. This will help to maintain your performance over the course of longer workouts.

Remember to follow your workout with a source of protein and carbohydrate in the first 30-minutes after the workout and continue to hydrate. Receptors on the cell membranes are most ready for nutrient uptake in the half-hour immediately following the workout. Protein smoothies make a great post-workout nutrition option.

RACE NUTRITION:

The general rule on nutrition is that if it worked in training, it might work for the race. Don't try anything new in the 24 hours before a race. Stick with tried and true foods that settle well with your stomach. Race nutrition is very individualized, but we suggest getting up early enough to have a light meal prior to your race. Make sure to stick with a breakfast that you have tried in the past.

FINAL THOUGHTS ON NUTRITION:

Nutrition for people exercising is a very individualized. What works for some people before a workout or during training, may not work for others. The best thing is to experiment and fine tune a nutrition strategy that will work for you!

10K

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min Run at aerobic pace for 25min	Workout 2	warm-up x 7min 5min tempo pace 2min easy Repeat x 4	Workout 3	warm-up 5min Run at sustained pace for 30min	Foam roll Stretch
Time:	30	30	30	35	30	35	
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min Run at aerobic pace for 25min	Workout 2	warm-up x 7min 5min tempo pace 2min easy Repeat x 4	Workout 3	warm-up 5min Run at sustained pace for 35min	Foam roll Stretch
Time:	30	30	30	35	30	40	
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min Run at aerobic pace for 30min	Workout 2	warm-up x 10min 20min tempo pace 10min easy	Workout 3	warm-up 5min Run at sustained pace for 40min	Foam roll Stretch
Time:	30	35	30	40	30	45	
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min Run at aerobic pace for 35min	Workout 2	warm-up x 10min 20min tempo pace 10min easy	Workout 3	warm-up 5min Run at sustained pace for 45min	Foam roll Stretch
Time:	30	40	30	40	30	50	
WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Threshold	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min Run at aerobic pace for 35min	Workout 2	warm-up x 10min 3min @ threshold 2min easy Repeat x6	Workout 3	warm-up 5min Run at sustained pace for 50min	Foam roll Stretch
Time:	30	40	30	40	30	55	
WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Threshold	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min Run at aerobic pace for 35min	Workout 2	warm-up x 10min 3min @ threshold 2min easy Repeat x6	Workout 3	warm-up 5min Run at sustained pace for 55min	Foam roll Stretch
Time:	30	40	30	40	30	60	
WEEK 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Hill Repeats	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min Run at aerobic pace for 35min 150m sprints x4	Workout 2	warm-up x 10min 2min hill fast 3min easy Repeat x6	Workout 3	warm-up 5min Run at sustained pace for 60min	Foam roll Stretch
Time:	30	45	30	40	30	65	
WEEK 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Hill Repeats	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min Run at aerobic pace for 35min 150m sprints x4	Workout 2	warm-up x 10min 2min hill fast 3min easy Repeat x7	Workout 3	warm-up 5min Run at sustained pace for 65min	Foam roll Stretch
Time:	30	45	30	45	30	70	

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WEEK 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Tempo	TFC Online	Speed work	TFC Online	Distance Effort	Recovery
	Workout 1	<u>Warm-up 10min</u>	Workout 2	<u>warm-up x 10min</u>	Workout 3	<u>warm-up 10min</u>	Foam roll
		7min tempo		1min sprint		Aerobic 20min	Stretch
		3min easy		4min aerobic		Tempo 20min	
		Repeat x3		Repeat x 8		Aerobic 20min	
Time:	30	40	30	50	30	70	
WEEK 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Tempo	TFC Online	Speed work	TFC Online	Distance Effort	Recovery
	Workout 1	<u>Warm-up 10min</u>	Workout 2	<u>warm-up x 10min</u>	Workout 3	<u>warm-up 10min</u>	Foam roll
		7min tempo		1min sprint		Aerobic 20min	Stretch
		3min easy		4min aerobic		Tempo 20min	
		Repeat x3		Repeat x 8		Aerobic 20min	
Time:	30	40	30	50	30	70	
WEEK 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Threshold	TFC Online	LSD	Recovery
	Workout 1	<u>Warm-up 5min</u>	Workout 2	<u>warm-up x 10min</u>	Workout 3	<u>warm-up 10min</u>	Foam roll
		30min aerobic		2min threshold		Aerobic 50min	Stretch
		sustained pace		5min easy			
				Repeat x 5			
Time:	30	35	30	45	30	60	
WEEK 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Threshold	TFC Online	10k EVENT	Recovery
	Workout 1	<u>Warm-up 5min</u>	Workout 2	<u>warm-up x 7min</u>	Workout 3		Foam roll
		30min aerobic		2min threshold			Stretch
		sustained pace		5min easy			
				Repeat x 4			
Time:	30	35	30	35	30		



GLOSSARY OF WORKOUT TERMS

AEROBIC WORKOUT:

These workouts are designed to be lower in intensity and build your endurance engine. They are great for helping build stamina over the long haul. These workouts should be completed at an intensity that still allows for conversation. You should be sweating and your heart rate elevated, but still able to carry on a conversation.

HILL REPEATS:

Hill repeats should be done on a gradual to moderately steep hill with consistent grade. These workouts are typically above lactate threshold and the intensity should be high during the work intervals. When running on the hill, your intensity should be high enough that you *cannot* carry on conversation, but can only get out a word or two at a time. These are similar to intensity as threshold workouts.

LSD (LONG SLOW DISTANCE):

LSD workouts are just as they sound. These are long distance runs at a slower aerobic pace. This is where you will build the majority of your distance miles and increase your running volume. Make sure to keep your pace slow enough to carry on conversation during these workouts.

SPEED WORK:

Speed workouts are the fastest and most intense intervals in this program. They are designed to improve neuromuscular efficiency and top end speed. You may find these workouts are less demanding from a cardiovascular perspective and that is ok. Take full advantage of the recovery intervals in these workouts to allow the nervous system and muscular system to recover. Make your sprint intervals intense and your recovery intervals purposeful.

TEMPO:

Tempo workouts are key to building your aerobic capacity. These workouts are typically done at or near 10k race pace. You should be pushing the pace, but able to sustain the intensity for 20 or 30-minutes or more if needed. You will likely be able to converse with short phrases rather than full sentences at this intensity.

THRESHOLD:

As a simple explanation, threshold workouts occur at the change over of intensity from aerobic to anaerobic exercise. They are critically important to improve your ability to buffer hydrogen ions and lactic acid. These workouts typically occur at or near 5k race pace. At this intensity you should only be able to get out a word or two in conversation. Breathing is elevated and your heart rate should be quite high.