

Rock'n'Roll MARATHON SERIES®

10K TRAINING PLAN

Run & Walk Workouts: On the run portion go fast enough so you can't easily talk, but not so fast that you're completely out of breath. On the walk portion relax and focus on recovering for the next run. Remember to keep moving on the walk, even if it's at a slow pace.

Progression Runs: On these runs you'll want to finish faster than you started. Stay relaxed during the first half, it should be an easy jog. During the second half of the run slowly pick up the pace, your heart rate and breathing should steadily increase.

Jogs: These are designed to be at a comfortable pace. Stay relaxed, you should be able to have a conversation the entire time.

Long Runs: Make these runs fun - if you can run somewhere new each week, do so!. These should be at the exact same pace as your jogs. The long runs are going to help build your endurance, so you can maintain your natural speed during the race.

Cross-Train: Anything but running. Cross-training can mean getting a workout at the gym, swimming, going for a bike ride, etc. Try to avoid leg workouts. Any strenuous activity with your legs will likely result in a much tougher run the following day.

Race Prep Run: This is an opportunity to practice your race day routine. On the run start out easy for the first half and progressively get faster. You should finish close to 100% of maximum effort (yes, almost a sprint). Envision yourself crossing the finish line!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Approx. Total Weekly Time
Week 1	Jog 25 Minutes (Easy)	Run 2 Minutes Walk 1 Minute (Repeat 12x)	Jog 25 Minutes (Easy)	Walk 25 Minutes (Easy)	Rest & Stretch	Run 2 Minutes Walk 1 Minute (Repeat 12x)	Long Run 4 Miles	3:00 - 3:30
Week 2	Rest or Cross-Train	Progression Run 2.5 Miles	Jog 25 Minutes (Easy)	Walk 30 Minutes (Easy)	Rest & Stretch	Run 3 Minutes Walk 1 Minute (Repeat 9x)	Long Run 4 Miles	3:15 - 3:45
Week 3	Rest or Cross-Train	Progression Run 3 Miles	Jog 30 Minutes (Easy)	Walk 35 Minutes (Easy)	Rest & Stretch	Run 4 Minutes Walk 1 Minute (Repeat 8x)	Long Run 4.5 Miles	3:15 - 3:45
Week 4	Rest or Cross-Train	Progression Run 3.5 Miles	Jog 30 Minutes (Easy)	Walk 40 Minutes (Easy)	Rest & Stretch	Run 6 Minutes Walk 1 Minute (Repeat 6x)	Long Run 5 Miles	3:30 - 4:00
Week 5	Rest or Cross-Train	Progression Run 4 Miles	Jog 35 Minutes (Easy)	Walk 45 Minutes (Easy)	Rest & Stretch	Run 8 Minutes Walk 1 Minute (Repeat 5x)	Long Run 5.5 Miles	3:30 - 4:00
Week 6	Rest or Cross-Train	Progression Run 4.5 Miles	Jog 35 Minutes (Easy)	Walk 45 Minutes (Moderate / Fast)	Rest & Stretch	Run 10 Minutes Walk 1 Minute (Repeat 4x)	Long Run 6 Miles	3:45 - 4:15
Week 7	Rest or Cross-Train	Progression Run 5 Miles	Jog 40 Minutes (Easy)	Walk 45 Minutes (Moderate / Fast)	Rest & Stretch	Run 12 Minutes Walk 1 Minute (Repeat 3x)	Long Run 6.5 Miles	3:45 - 4:15
Week 8	Rest or Cross-Train	Progression Run 5.5 Miles	Jog 40 Minutes (Easy)	Walk 45 Minutes (Moderate / Fast)	Rest & Stretch	Run 15 Minutes Walk 1 Minute (Repeat 3x)	Long Run 6.5 Miles	4:00 - 4:30
Week 9	Rest or Cross-Train	Progression Run 6 Miles	Jog 45 Minutes (Easy)	Walk 45 Minutes (Moderate / Fast)	Rest & Stretch	Race Prep Run 10K (6.2 Miles)	Long Run 4.5 Miles	4:00 - 4:30
Week 10	Rest or Cross-Train	Progression Run 3 Miles	Jog & Stretch 30 Minutes (Easy)	Rest & Stretch	Jog & Stretch 20 Minutes (Easy)	10K Race Good Luck!	Rest & Stretch	3:15 - 3:45

* **Training Plan Disclaimers:** Individual results may vary depending upon the individual and there are no guarantees you will finish the race or feel great after finishing the race. The information contained within this plan (hereinafter, the "Training Plan") is intended to be general in nature and may not be appropriate for everyone. Please consult with your physician before commencing any physical activity, diet, or exercise referenced or described in the Training Plan. If you choose to follow the Training Plan without consulting your physician or other applicable healthcare provider, you are doing so at your own risk. You acknowledge that when relying on any information in the Training Plan, there is the possibility of physical injury, disability, and even death, as well as damage or destruction of property. By using the Training Plan, you agree that neither Competitor Group, Inc. ("CGI") and its affiliates, nor any of their respective representatives (collectively, the "CGI Parties") is responsible for the information in this Training Plan and each CGI Party expressly disclaims any and all liability and responsibility to any person, whether a user of the Training Plan or not, in respect of any and all claims, losses, damages, liabilities, expenses, either direct or consequential (collectively, "Losses") arising out of or in relation to the use or reliance, whether wholly or partially, upon any information contained or referenced in the Training Plan. By using the Training Plan, you agree that you do so at your own risk, are voluntarily participating in the activities, assume all risk of injury to yourself, and agree to release and discharge the CGI Parties from any and all claims or causes of action, known or unknown, arising out of any participation in or use of the Training Plan. You further agree to indemnify, defend, and hold harmless each of the CGI Parties from and against any and all Losses arising out of or related to your use of the Training Plan.