

TAKE FLIGHT 10K TRAINING PLAN

JANUARY 2021



Easy Run: This should be a comfortable pace you can maintain while being able to carry on a conversation if needed.
Steady State Run: More intense than easy, but you should still be able to speak a few sentences without too much effort or changes to your breathing.
Tempo Run: This is not a full out push; it is hard, but doable. You will likely notice breathing changes and will be able to speak only a few, if any, words.
Cross Training: the action or practice of engaging in two or more types of exercise in order to improve fitness or performance in one's main sport (Try a Functional Fitness workout today!)
Active Recovery: performing low-intensity exercises (Try Yoga, or taking a walk today!)

B = Beginner, I = Intermediate

					1	2
					3	4
3	4	5	6	7	8	9
B: 2 mile Steady Run I: 3 mile Steady Run	B: 1 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total I: 30 minute Tempo Run	CROSS TRAIN	B: 2 mile Steady Run I: 3 mile Steady Run	ACTIVE RECOVERY	B: 2 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total. I: 3 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total	CROSS TRAIN
10	11	12	13	14	15	16
B: 2.5 mile Steady Run I: 3.5 mile Steady Run	B: 2 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total. I: 3 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total	CROSS TRAIN	B: 3 mile Steady Run I: 3.5 mile Steady Run	ACTIVE RECOVERY	B: 3 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total. I: 3 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 24 minutes total	CROSS TRAIN
17	18	19	20	21	22	23
B: 3 mile Steady Run I: 4 mile Steady Run	B: 3 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total. I: 35 minute Tempo Run	CROSS TRAIN	B: 3.5 mile Steady Run I: 4 mile Steady Run	ACTIVE RECOVERY	B: 3 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total. I: 3 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 24 minutes total	CROSS TRAIN
24	25	26	27	28	29	30
B: 3.5 mile Steady Run I: 4.5 mile Steady Run	B: 3 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total I: 3 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 24 minutes total	CROSS TRAIN	B: 4 mile Steady Run I: 4.5 mile Steady Run	ACTIVE RECOVERY	B: 4 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total I: 4 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 16 minutes total	CROSS TRAIN
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B: 4 mile Steady Run I: 5 mile Steady Run						

