



# SportingLife 10k 6 Week Intermediate Training Program By Lisa Bentley



# WELCOME!

## Sporting Life 10k Intermediate Training Program

**Lisa** Bentley, ASICS Canada ambassador and retired professional triathlete. During the course of Lisa's 20 year professional career, she has won 11 IRONMAN races, 11 IRONMAN 70.3 races (1/2 IRONMAN), several top 5 finishes at the IRONMAN World Championships, represented Canada on multiple National Teams and at the Pan American Games and was ranked top 5 in the world for a decade. She competed at the highest level despite having Cystic Fibrosis – a genetic lung disease resulting in chronic infections and limited lung capacity.

Since she retired from professional sport, Lisa has been running marathons, doing motivational speaking, television commentary (CTV & CBC), and coaching. Author of [An Unlikely Champion](#) a book that redefines winning and how to adopt a champions mindset. Lisa chronicles her path from “no-talent” high school runner to champion triathlete. Lisa taught high school for 7 years prior to pursuing sport full time, and now uses those teaching skills to coach and mentor athletes in pursuit of their goals in sport.



[www.lisabentley.com](http://www.lisabentley.com)

[@Lisa\\_bentley123](https://www.instagram.com/Lisa_bentley123)

[@lisabentley1436](https://www.youtube.com/@lisabentley1436)

[livebreathetri](https://www.facebook.com/livebreathetri)

# This is a 6 week training program for intermediate runners

Our goal in your first week is to build your consistency and get into a routine of running with purpose. Over the course of these 6 weeks, we will build some speed and strength and get you used to breathing hard and going faster. You will learn what is “too hard” and what is not “hard enough” and “pacing for 10k”. We will start with some hill repeats even though SportingLife 10k is downhill. Why? Because hill repeats are the best way to build power and strength and help you increase your turnover and recruit muscles fibers. That will lead to a faster 10k. We will merge into flatter faster running as we get closer to the race. We will incorporate some cross training for bonus aerobic work which will build your stamina and endurance. And we will do some strength training to help your legs thrive in the final kilometers of the race.

This intermediate plan is for the runner who currently is running 30-60 minutes a few days per week. You have the base aerobic fitness and muscular resiliency to handle faster, harder running both uphill and on the flats. If that is you, then let's do this.

**[Start each run with a pre run warm up](#)** - super short but impactful which will be demonstrated at our community run on Thursday May 8<sup>th</sup>, 2025.

I also suggest downloading the app ROM Coach. I use this for mobility, and it is excellent. Find it in the app store.

This plan includes strength and mobility work. I created some YouTube videos demonstrating the exercises. You will want to refer to these for guidance. Links are here and you can find them on my YouTube channel under the SL 10k Training Plan Playlist.

Here are the individual links (Hadley, our dog, makes a few appearances)

**Add the pre-run and post run every day:**

- a. [Pre-run routine \(Video\)](#)
- b. [Post-run drills and side to side jogging \(Video\)](#)

**Other recommended links:**

- a. [Band workout for hips and glutes \(Video\)](#)
- b. [Hip, back, Psoas mobility \(Video\)](#)



# Week 1 - Ending April 6<sup>th</sup>

**MONDAY**  
March 31

## Run 30-45 minutes as you feel

### [Pre-re routine \(Video\)](#)

If you run/walk, continue with this – ideally run 9:30 and walk 30 sec. Otherwise run the whole run. This is base foundation work.

### Finish with:

### [Hip/back/psoas mobility \(Video\)](#)

### In particular:

- Thigh hug and push in all 4 directions (*opens up hips*)
- Laying on back, hand to thigh and straighten leg (*hamstring and core*)
- Hinging at the hip (*helps hips*)
- Hinge at hip and go from bent leg to straight (*stretches hamstrings*)
- Sitting and pushing opposite hand into thigh - called slumpy psoas (*will help hip flexor and lower back*)

**TUESDAY**  
April 1

## Strength and other aerobic activity

**Elliptical, stationary bike, rowing machine.** It all works the engine, and the engine doesn't know if you are running or biking or swimming or rowing etc. Use this as a warm-up for the strength. Aim for 30 min of activity then strength as follows:

### Strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30 reps**
- Squat with Dumbbell overhead reach **x 12 reps**
- Flat back core work – **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

[Strength 1 \(Video\)](#)  
[Variety of Strength](#)

[Strength 2 \(Video\)](#)  
[Quads, adductor, feet, deadlifts](#)

# Week 1 - Ending April 6<sup>th</sup>

**WEDNESDAY**  
April 2

## Run 45 min with hill strides

### [Pre-re routine \(Video\)](#)

**If outside**, then run 15-20 min as you feel ending at a hill that is at least 30 sec long.

Then run 8 x 20 sec uphill – strong up and easy down – think knee drive and turnover and quick on and off your feet – slight lean forward and push off your big toe- use your gluts – keep it continuous – easy jog or walk down is your recovery, Easy run home – total time 45 minutes.

\*\*Hills “help” you to lean forward and develop higher cadence and build strength which are the key ingredients to faster running. And even if you don’t run that fast up the hill, you are still out of breath and that helps you to get fitter and stronger. Win/win!

**If treadmill - run 45 min** TM at 1% (1% simulates the road)- warm up 15 min build mph as you go – I like to say “hover” around an mph that feels challenging but not hard;

1 min easy;

Then for 12 min, alternate 30 sec at 3% grade (but aiming to keep best speed so far – then 1 min at 1% walk or jog - that is your recovery;

Last 15 min (approximately) is easy running as you feel but you will feel so good.

### [Post-run drills and side to side jogging \(Video\)](#)

**THURSDAY**  
April 3

## Walk 30-45 minutes

Because motion is lotion! Or other aerobic activity – elliptical, stationary bike, rowing machine

**FRIDAY**  
April 4

## Alternate activity for 20-30 minutes and strength or walk

Like Monday but a bit shorter.

### **Strength 2-3 rounds of:**

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30 reps**
- Squat with Dumbbell overhead reach **x 12 reps**
- Flat back core work – **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

[Strength 1 \(Video\)](#)  
Variety of Strength

[Strength 2 \(Video\)](#)  
Quads, adductor, feet, deadlifts

# Week 1 - Ending April 6<sup>th</sup>

**SATURDAY**  
**April 5**

## **Long run 60 minutes**

[Pre-re routine \(Video\)](#)

Just run and love this – start easy and if you feel good, then build this run every 20 min feeling strong and focused over the last 20 minutes.

**Finish with:**

[Post-run drills and side to side jogging \(Video\)](#)

[Band workout for hips and glutes \(Video\)](#)

**SUNDAY**  
**April 6**

## **Walk 30-45 minutes**

Because motion is lotion! Or other aerobic activity – elliptical, stationary bike, rowing machine.

# Week 2 - Ending April 13<sup>th</sup>

**MONDAY**  
**April 7**

## Run 30 minutes frequency run

### [Pre-re routine \(Video\)](#)

A bit shorter today after your long run on Saturday.

#### **Strength - 2 rounds**

- Fast deep squats **x 20 reps**
- Core of choice - (plank) **x 20 secs**
- Jump squats **x 10 reps**
- Push ups **x 5 reps**
- Side to side lunges **x 10 reps - lower body over knee**
- Core of choice **x 20 secs**
- Sliders **x 30 sec each leg**
- Mountain climbers **x 30 sec**
- KettleBell swings **x 20 reps**

**TUESDAY**  
**April 8**

## run 45 min building on hill strides from last week

### [Pre-re routine \(Video\)](#)

**If outside**, then run 15-20 min as you feel ending at a hill that is at least 45 sec long;

Then run 4 x 20 sec uphill - strong up and easy down - think knee drive and turnover and quick on and off your feet - slight lean forward and push off your big toe- use your gluts - keep it continuous - easy jog or walk down is your recovery;

Then do 2 x 45 sec longer hill - so you will get HR up for longer- easy jog/walk down to recover. Finish with another 4 x 20 sec hill run - strong up and easy jog/walk down. Finish out the 45 min with your easy run home.

**\*\*Hills "help" you to lean forward and develop higher cadence and build strength which are the key ingredients to faster running. And even if you don't run that fast up the hill, you are still out of breath and that helps you to get fitter and stronger. Win/win!!**

**If treadmill - run 45 min** TM at 1% (1% simulates the road)- warm up 15 min build mph as you go - I like to say "hover" around an mph that feels challenging but not hard;

1 min easy;

Then for 6 min, alternate 30 sec at 3% grade (but aiming to keep best speed so far - then 1 min at 1% walk or jog - that is your recovery;

Then for 3:30 minutes alternate 45 sec at 3% then 1 min walk/jog easy at 1% recovery;

Repeat another 6 min alternate 30 sec at 3% grade (but aiming to keep best speed so far - then 1 min at 1% walk or jog

Last 10-15 min (approximately) is easy running as you feel but you will feel so good.

### [Post-run drills and side to side jogging \(Video\)](#)

# Week 2 - Ending April 13<sup>th</sup>

**WEDNESDAY**  
April 9

**Alternate activity for 20-30 minutes and strength or walk**

**THURSDAY**  
April 10

**Run 30 minutes**

[Pre-re routine \(Video\)](#)

Nice easy run as you feel – building frequency and fitness

**Strength 2-3 rounds of:**

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30 reps**
- Squat with Dumbbell overhead reach **x 12 reps**
- Flat back core work – **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

**FRIDAY**  
April 11

**Day off or alternate activity**

**SATURDAY**  
April 12

**Run 65-70 minutes**

[Pre-re routine \(Video\)](#)

Feeling a bit stronger than last week – start easy and build as you go.

**Finish with:**

[Post-run drills and side to side jogging \(Video\)](#)

[Band workout for hips and glutes \(Video\)](#)



# Week 2 - Ending April 13<sup>th</sup>

**SUNDAY**  
**April 13**

## Up to 75 minutes

Alternative activity - row, swim, cycle.

### Strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30 reps**
- Squat with Dumbbell overhead reach **x 12 reps**
- 30 sec of Flat back core work – **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

# Week 3 - Ending April 20<sup>th</sup>

**MONDAY**  
April 14

## 30 Minute Run

As you feel - nothing hard - saving it for tomorrow's harder run

**Finish with:**

[Hip/back/psoas mobility \(Video\)](#)

**In particular:**

- Thigh hug and push in all 4 directions (*opens up hips*)
- Laying on back, hand to thigh and straighten leg (*hamstring and core*)
- Hinging at the hip (*helps hips*)
- Hinge at hip and go from bent leg to straight (*stretches hamstrings*)
- Sitting and pushing opposite hand into thigh - called slumpy psoas (*will help hip flexor and lower back*)

**TUESDAY**  
April 15

## Run flatter but with some faster running

[Pre-re routine \(Video\)](#)

15 min loosen up as you feel;

Then run 4 x 30 sec faster with 30-45 sec walk;

Then 1 min walk;

Then 4 x 1 min faster with 1 min walk/jog;

Then 1 min walk;

Then run 1 km strong- see what your time is on this (if you have a GPS watch otherwise just run strong for 5-6 minutes taking the speed from the 30 sec and 1 min blocks into a final strong 1 km; 10 min easy to finish

\*\*Reving up the legs with some 30 sec and 1 min blocks of work – find some speed and turnover; then back to 30 sec a bit faster again .. and carrying that speed into the 1 km.

\*\*Overall, your run pace will not be fast since there is a lot of walking/jogging and recovery but the running bits will be fast and that is what will make you fast in your races and teach you an extra gear. So do not worry about overall average pace.

\*\*This introduces new gears to your running so that your default running speed can change over time (and you get faster and stronger). And it conditions your tendons and ligaments to handle more load since I am sure you will all be running a bit quicker than you ever imagined on race day when surrounded by 1000's of other runners.

[Post-run drills and side to side jogging \(Video\)](#)

**WEDNESDAY**  
April 16

## Aim for a walk or other aerobic activity

# Week 3 - Ending April 20<sup>th</sup>

**THURSDAY**  
April 17

## 30 Minute Run

[Pre-re routine \(Video\)](#)

As you feel – not hard – ensuring good recovery from Tuesday.

**Strength 2-3 rounds of:**

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30 reps**
- Squat with Dumbbell overhead reach **x 12 reps**
- 30 sec of Flat back core work – **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

**FRIDAY**  
April 18

**Day off or alternate activity**

**SATURDAY**  
April 19

## 75-80 minute long run

[Pre-re routine \(Video\)](#)

Building volume again – making *you strong and resilient* – the goal is competition – this is not a fast run – this will be slower than your race pace.

[Post-run drills and side to side jogging \(Video\)](#)

# Week 3 - Ending April 20<sup>th</sup>

**SUNDAY**  
**April 20**

## **Alternate activity**

Can be a row, swim, cycle – here is an idea for each:

### **Row and strength**

Row 5 min build every 1 min – push and straighten legs then pull arms – then arms straight and legs come back to the machine;

Off for 20 KettleBell swings

10 straight leg deadlift (hinge with KettleBell – straight arms)

Row – 1 min row strong – 10 KettleBell swings

2 min row strong – 20 KettleBell swings

3 min row strong – 30 KettleBell swings

Row – 1 min row strong – 10 squats with dumbbell overhead press

2 min row strong - 10 squats with dumbbell overhead press

3 min row strong - 10 squats with dumbbell overhead press

Row – 1 min row strong – 10 renegade rows

2 min row strong - 10 renegade rows

3 min row strong - 10 renegade rows

Then strength 30 KettleBell swings

12 goblet squats

Repeat row – 1 min row strong – 10 KettleBell swings

2 min row strong – 20 KettleBell swings

3 min row strong – 30 KettleBell swings

Row – 1 min row strong – 10 squats with dumbbell overhead press

2 min row strong - 10 squats with dumbbell overhead press

3 min row strong - 10 squats with dumbbell overhead press

Row – 1 min row strong – 10 renegade rows

2 min row strong - 10 renegade rows

3 min row strong - 10 renegade rows

Then strength 30 KB swings

12 goblet squats

Finish with 3-5 min easy warm down

### **Bike**

Easy bike - 60 min flush - 15 min warm up to 140-150 watts (you choose the watts but follow a similar progression)

1 min at 160, 2 min at 150;

2 min at 160, 3 min at 150;

3 min at 160, 4 min at 150;

# Week 3 - Ending April 20<sup>th</sup>

**SUNDAY**  
**April 20**

1 min at 170, 2 min at 150;  
2 min at 170, 3 min at 150;  
3 min at 170, 4 min at 150;  
1 min at 180, 2 min at 150;  
2 min at 180, 3 min at 150;  
3 min at 180, 4 min at 150  
Done at 60

## **Swim**

Swim warm up 200 swim;  
200 as 25 drill, 25 swim – do the drills you know;  
Main set:  
250 rhythm pull and paddles – breathe 3-5 by 50;  
Then 25-50-75-100 (broken 250) pull with 5 sec rest in between  
Then 2 x 250 rhythm pull and paddles – breathe 3-5 by 50; rest 15 sec (rhythm and strength)  
Then 25-50-75-100 (broken 250) pull with 5 sec rest in between but 15 sec between sets;  
repeat 250 rhythm pull with band- revisiting activating your core;  
one last set of 25-50-75-100 integrating the core into the roll and rhythm - each with 5 sec rest;  
100 warm down (2000)

## **Strength**

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
- Squat with Dumbbell overhead reach **x 12**
- 30 sec of Flat back core work – **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

# Week 4 - Ending April 27<sup>th</sup>

**Recovery week midweek** – add in alternate sports and give the running a bit of a break – we have been building for 3 weeks so let's shorten runs but keep fitness by continuing run frequency and add in other aerobic work.

**MONDAY**  
April 21

## Walk or spin or swim or row as you feel

Should not feel like a "job" but do it for energy and love it.

**TUESDAY**  
April 22

## 30-45 minute run

### [Pre-re routine \(Video\)](#)

As you feel – totally up to you – we are trying to recharge the battery so no testing the body etc – this is all about a mental and physical re-charge.

### [Post-run drills and side to side jogging \(Video\)](#)

**WEDNESDAY**  
April 23

## Alternate activity and strength 2-3 rounds of:

### Strength 2-3 rounds of:

- Fast deep squats **x 20 reps**
- Core of choice (plank) **x 20 secs**
- Jump squats **x 10 reps**
- Push ups **x 5 reps**
- Side to side lunges **x 10 reps - Lower body over knee**
- Core of choice **x 20 secs**
- Sliders **x 30 secs each leg**
- Mountain climbers **x 30 secs**
- Kettlebell swings **x 20 reps**

**THURSDAY**  
April 24

### [Pre-re routine \(Video\)](#)

Run broken 5k simulating the first 3k of the race and the last 2 x 1 km of the race – start with pre run routine– doing a bit of tempo today - warm up 15 min as you feel;  
do 4-6 x strides - so practice race day warm up fun;  
then run a solid 3k - steady tempo;  
then walk for 1-2 minutes  
then run 2 x 1 km strong – these are the last 2 km of the race – run strong – take 2 min jog/walk in between each 1 km  
warm down 10 min easy as you feel

**If TM then set at 1% to simulate the road** warm up 15 min build mph as you go - warm up - say you finish building around 7-7.2 mph;  
1 min easy;  
then for 5-7 min (it takes longer to increase and decrease speeds on TM) - do 30 sec pick ups - just feel leg speed for 3-5 sec at each speed - don't be too attached to duration of stride or rest - just speed up for a bit and slow right down (like 6 mph) for a bit- repeat for 5-7 min;  
take a bit more rest;

## Week 4 - Ending April 27<sup>th</sup>

then run 3 km build to steady - build mph through this until you reach a challenging pace and you only have to hold it for 10-20 sec - you may end here or reduce speed etc. For example if you tend to race around 15 min for 3k which is 7.5 mph, there is no expectation to run the 3 km at 7.5 mph but definitely hit 7.5 for 20 sec or so; so hover around 7.2-7.5 mph for as much of the 3k as you can;

1-2 min easy;

Then run 1 km stronger than the 3k - build to higher mph and hover around there;

2 min easy jog/walk

Repeat 1 km stronger - this is the last 1 km of your race;

10-15 min easy warm down

Finish with A's, B's and butt kicks

Finish with simple band exercises as:

[Band workout for hips and glutes \(Video\)](#)

[Hip, back, Psoas mobility \(Video\)](#)

Dorsiflexion

**FRIDAY**  
**April 25**

**Yes you get a day off!!**

**SATURDAY**  
**April 26**

**30 minute easy run**

[Pre-re routine \(Video\)](#)

As you feel or alternate aerobic activity.

### **Strength**

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
- Squat with Dumbbell overhead reach **x 12**
- 30 sec of Flat back core work - **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

# Week 4 - Ending April 27<sup>th</sup>

**SUNDAY**  
**April 27**

## **Last long run 80-90 minutes**

### [Pre-re routine \(Video\)](#)

One last long run – completion run – building strength and endurance and loving spending time in nature. Run like a resume – good posture – slight lean forward – hold back over the first 45 minutes.

Finish with band work for hips and

### [Band workout for hips and glutes \(Video\)](#)

### [Hip, back, Psoas mobility \(Video\)](#)

Dorsiflexion



# Week 5 - Ending May 4<sup>th</sup>

**MONDAY**  
April 28

## Alternate activity

Swim or bike or row – just move the body

**TUESDAY**  
April 29

## Run 30-45 minutes

### [Pre-re routine \(Video\)](#)

As you feel easy.

#### Strength 2-3 rounds of:

- Fast deep squats **x 20 reps**
- Core of choice (plank) **x 20 secs**
- Jump squats **x 10 reps**
- Push ups **x 5 reps**
- Side to side lunges **x 10 reps - Lower body over knee**
- Core of choice **x 20 secs**
- Sliders **x 30 secs each leg**
- Mountain climbers **x 30 secs**
- Kettlebell swings **x 20 reps**

**WEDNESDAY**  
April 30

## Day off or other aerobic sport 30-60 minutes

**THURSDAY**  
May 1

## Run

Warm up 15 min as you feel

Then run 4 x 1 min stronger running with 30 sec walk then 30 sec very easy jog – so active recovery;  
Take some extra rest after the last one;

Then run 4 x 2 min stronger – so longer time of running but short enough to still run fast – take 1 min walk in between;

Take an extra 1 min rest or walk;

Run 1 km strong – put it all together and run a strong 1 km – faster than your race pace for SL10k;

Finish with 10 min easy jog home

\*\*touching on speed that are faster than you would race at so that we find another gear and open up your range of run speed to be accessed later

### [Post-run drills and side to side jogging \(Video\)](#)

**FRIDAY**  
May 2

## Day off or other aerobic sport

But focus on recovery from the harder run yesterday.

# Week 5 - Ending May 4<sup>th</sup>

**SATURDAY**  
May 3

## Run easy 20-30 minutes

[Pre-re routine \(Video\)](#)

As you feel easy.

### Strength 2-3 rounds of:

- Fast deep squats **x 20 reps**
- Core of choice (plank) **x 20 secs**
- Jump squats **x 10 reps**
- Push ups **x 5 reps**
- Side to side lunges **x 10 reps - Lower body over knee**
- Core of choice **x 20 secs**
- Sliders **x 30 secs each leg**
- Mountain climbers **x 30 secs**
- Kettlebell swings **x 20 reps**

**SUNDAY**  
May 4

## 45-60 minute run

[Pre-re routine \(Video\)](#)

If your long run was 80-90 minutes then shorten to 60 min today. If your long run got up to 70 min then shorten to 45-50 minutes. We are cutting back today since you are one week out from race day. But today, run and build as you go and let's aim for a steady 15 min block in the middle where you visualize the race and you feel some rhythm and picture yourself racing. Once you feel speedy and confident, then slow down and finish the run with lots left in the tank ready for race day

[Post-run drills and side to side jogging \(Video\)](#)

# Week 6 - Ending May 11<sup>th</sup>

No strength this week – we rest up and activate and get ready to race.

**MONDAY**  
May 5

**Walk or alternate activity**

**TUESDAY**  
May 6

**Easy 30 minutes run as you feel**

[Pre-re routine \(Video\)](#)

Find some rhythm. Visualize the race and the course.

[Post-run drills and side to side jogging \(Video\)](#)

**WEDNESDAY**  
May 7

**Walk or easy shorter aerobic activity**

Just keeping moving. Can be a swim or bike for up to 60 minutes or row.

**THURSDAY**  
May 8

**\*Join us at SportingLife for a fun activation run**

All abilities welcome and a Q and A and a bit of motivation. Stay tuned for time!

**Or run - around 30 minutes**

[Pre-re routine \(Video\)](#)

10 min easy with run/walk as you like – this should be easy; stop and then run 4 x 30 second accelerations with 1 min walk or jog recovery - feel fast, smooth, light – have perfect form; you should want to keep going and run further; then run 4 min steady at your ideal race effort – no faster – this is not a test. This is activation both in mind and body for race day; Finish with 10 min easy.

[Post-run drills and side to side jogging \(Video\)](#)

# Week 6 - Ending May 11<sup>th</sup>

**FRIDAY**  
**May 9**

## **Day off - rest up – eat well – walk spend time visualizing as follows:**

- Make a list of your assets before the race –these are the only things you can think of in the race – these are all things that will not change regardless of your finishing position or time – it is important to remind yourself of your great assets while you race so that you will see that you are pretty darn amazing (even though it may get really hard during the race and you may not feel so “happy”) – how running makes you feel good and happy – how this is your happy place. Running gives you purpose.
- List your best workouts and why they were great – these are the only ones you can think of during the race!
- Write down your internal goals for the race – these are goals that are in your control – things like “I will be in control – I will run with pride but in control and if I slow down I will ask myself if I can run faster ... I won’t start too hard – but I will be comfortably quick for the whole race.
- Write down your external goals.. any time goals –these are somewhat out of our control but they are nice to think about but not accomplishing them does not mean failure and also accomplishing them doesn’t mean success. This would be a time goal.
- Success is being solid physically all day, being solid mentally
- Think conservative at the start and finding a nice rhythm for the first 3k – holding back a little bit – then digging in a bit from 4-7k – that will feel hard – the middle bit then you get close...now make every km faster than the last .. you know you are going to make it.
- Or 2 miles smooth – should feel easy- then 2 miles – joy – really talking to yourself then last 2 miles you are digging in and seeing if you can run faster.

**SATURDAY**  
**May 10**

## **Activation Day**

**I prefer a non-run activation to save your legs for race day.** But you do need to “**move them under stress**” to enhance blood flow and carbohydrate storage.

**If you choose to run, then run 20-30 min – all easy but include some pickups** - 10 min easy jog; 6 x 20 second accelerations with as much recovery as you want; 10 min easy jog home.

**Here is an example of bike activation which can be applied to any other aerobic activity that is normal for you:**

**Bike activation** – getting legs ready for race day - 15 min warm up to 100 watts;

### **Main set:**

4 min as 15 sec strong – 45 sec easy; (again just warm up through it increasing watts as you warm up; (maybe 110 then 120, 130, 140 watts?)

2 min easy after 4 min are done;

4 min as 20 sec strong, 40 sec easy; (140 watts?)

2 min easy;

10 min easy warm down to 35 min

# Week 6 - Ending May 11<sup>th</sup>

**SUNDAY**  
**May 11**

## **Sporting Life 10 k Race Day**

**Definitely warm up** - let's start with pre run routine - then do an easy 10 min jog to warm up; then line up and do the race - figure out what pace to run "no faster than" - but if the first km or mile feels hard then you are running too fast and just slow down a bit - today is your adventure... build through the run... you can unleash some speed in the last 20 minutes but not before that.

Revisit your homework - your assets - what you have going for yourself - why you are special; revisit your internal goals - I want to be strong - I will be good to myself - I will be my own biggest fan - I will keep the day light and effortless but full of effort - no effort will be wasted on negativity - it is all a gift - the day is a celebration - I am healthy - I want to get to the finish line without regrets - if I slow down, I take responsibility for that choice - if I speed up, then I take responsibility - I will make great choices and I will support my choices and not beat myself up for those choices; revisit your theme - why are you racing today? Close your eyes and see yourself being the person and athlete you want to be and then go start the race and let your body do what it is trained to do! Celebrate the great and the not so great! Celebrate your progress - you are an athlete - you are fast - go surprise yourself and play all day long - smile and play the game of sport.

**Monday - walk and move and maybe do some other aerobic activity - swim or bike - do not run until Wednesday or Thursday! Celebrate**