**STARR 10k Training Program (12 Weeks)**

**The Program**

This program is designed to prepare for the 2023 Sooke 10k Road race (Feb 26) but can be used as preparation for any 10k race. The program starts the week of December 5th and is appropriate for all levels but assumes you can already run 6k continuously. The program is 12 weeks long and based on 4 runs a week. Each session during the week has a different objective and pace. If you need to skip a workout (i.e. you only have time for 3 workouts) then skip the "technique" session. Within each week you can do the workouts in any order. Note that “Technique” and “Endurance” workouts are at an easy pace, whereas “Pacing” and “Speed” workouts require some intensity. The idea is to vary your pace and effort over the course of the week. Depending on your fitness level you can use the lower or higher distance shown for each workout. Distances increase each week until week 10 then taper off week 10 to week 12 (race week) so you will be rested for the big day. On Week 9 a race simulation is planned on the Sooke 10k course. This will confirm your race goal is accurate and give you confidence for the race.

**Technique Sessions**

This is your easy/recovery day each week. Pace is slow; conversational pace. Focus on technique and running form; head up/chin back…. chest forward/shoulders back…...pelvis tilted forward/thumbs brushing side waistband of shorts as you swing arms…..land on center of feet/quick release. The idea is to think about good technique and make your running more efficient and effortless.

**Pacing Sessions**

Use your watch to practice running at your intended race pace. Target a pace (per km) using your 10k goal time divided by 10 e.g. If your 10k goal time is 60 minutes, then target a pace of 6 minutes/km. The objective of these session is to get your legs and breathing comfortable running at race pace.

**Speed Sessions**

Short interval repeats @ faster than race pace followed by a short rest…then repeat. See the STARR Thursday night Speedwork schedule for workouts. The objective of these sessions is to make you faster by running short intervals at a higher turnover and heart rate than your normal pace. The intervals are short so try and run them at faster than your 10 k race pace.

**Endurance Sessions**

Run loose and relaxed at a pace at least 1min/k slower than 10k target race pace. The objective of these sessions is to build up your endurance for the race.

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| **10 K Race program** |  |  |  |  |  |
|  | week 1 | week 2 | week 3 | week 4 | week 5 | week 6  |
|  |  |  |  |  |  |  |
| Technique | 5-7k | 5-7k | 5-7k | 6-8k | 6-8k | 6-8k |
|  |  |  |  |  |  |  |
| Pacing | 5-7k | 5-7k | 5-7k | 6-8k | 6-8k | 6-8k |
|  |  |  |  |  |  |  |
| Speed | 5-8k | 5-8k | 5-8k | 5-8k | 5-8k | 5-8k |
|  |  |  |  |  |  |  |
| Endurance | 6-8k | 6-8k | 6-8k | 8-10k | 8-10k | 8-10k |
|  |  |  |  |  |  |  |
| Total | 21-30k | 21-30k | 21-30k | 25-34k | 25-34k | 25-34k |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | week 7 | week 8 | week 9 | week 10 | week 11 |  week 12 (RACE week) |
|  |  |  |  |  |  |  |
| Technique | 7-9k | 7-9k | 7-9k | 8-10k | 8-10k | 5k |
|  |  |  |  |  |  |  |
| Pacing | 7-9k | 7-9k | 7-9k | 10k | 7-9k | 5k |
|  |  |  |  |  |  |  |
| Speed | 5-8k | 5-8k | 5-8k | 5-8k | 5-8k | 0k |
|  |  |  |  |  |  |  |
| Endurance | 10-12k | 10-12k | 10-12k | 12-15k | 10-12k | 5-8k |
|  |  |  |  |  |  |  |
| Total | 29-38k | 29-38k | 29-38k | 33-43 | 30-39 | 15-18k |