



# FREDERICTON 10K TRAINING PROGRAM

*presented by* Fredericton Stride Running



Thank you for participating in the official training plans for the Fredericton Marathon race weekend. We are glad you are joining us for our journey to race day! The below plan has been carefully designed by Fredericton Stride Run Club Coaches for intermediate athletes.

If you would like a personal training plan or personal coaching, Fredericton Stride Run Club coaches (Stephen, Donna and Nick) are offering customized plans for a small fee. Plans will be customized to YOU and include: 1-on-1 virtual meetings with your coach, specific workouts, fuelling and strength tips. Please contact [Stephen Andersen](#) with any interest.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 23 - 29	30 minutes @E	30 mins @E	STRIDE WORKOUT	REST	40mins @E or 40mins x-train	30mins @E	50mins @E
January 30 – February 5	REST	30mins @E	STRIDE WORKOUT	30 mins @E	40mins @E or 40mins x-train	8-15min WU 10x 1minON / 1minOFF 8-15min CD	55mins @E
February 5 - 12	REST	30mins @E	STRIDE WORKOUT	30-40mins @E	40mins @E or 40mins x-train	8-15min WU 6x 3minON / 2minOFF 8-15min CD	60-65mins @E
February 13 - 19	REST	40mins @E	STRIDE WORKOUT	30-40mins @E	40mins @E or 40mins x-train	8-15min WU 3x 5min @ HME / 2minOFF 8-15min CD	65-70mins @E
February 20 – 26	REST	40-50 mins @E	STRIDE WORKOUT	40-45mins @E	40mins @E or	8-15min WU	70-80mins @E

					40mins x-train	2x 10mins @ HME / 5min @E 8-15min CD	
February 27 – March 5	REST	40-50 mins @E	STRIDE WORKOUT	40-45mins @E	50mins @E or 50mins x-train	8-15min WU 4-8x 1K @ 10K / 2minsR 8-15min CD	75-80mins @E
March 5 - 12	REST	40-50 mins @E	STRIDE WORKOUT	40-45mins @E	50mins @E or 50mins x-train	8-15min WU 10-15x 1minON / 1minOFF 8-15min CD	80-90mins @E
March 13 - 19	REST	50-60 mins @E	STRIDE WORKOUT	40-50mins @ E	50mins @E or 50mins x-train	35-40mins @ E	10-15min WU + 5K-8K Race or Time Trial + 10-15min CD
March 20 - 26	REST	30-40 mins @E	STRIDE WORKOUT	40-50mins @ E	50mins @E or 50mins x-train	8-15min WU 3-4x 2K @10K pace / 3min @R 8-15min CD	50-60mins @E
March 27 – April 2	REST	50-70 mins @E	STRIDE WORKOUT	40-50mins @ E	50mins @E or 50mins x-train	8-15min WU 10x30secondsON / 90secondsOFF 8-15min CD	80-90mins @E
April 3 - 9	REST	50-70 mins @E	STRIDE WORKOUT	50-60mins @ E	50mins @E or 50mins x-train	8-15min WU 15x 1minON / 1minOFF 8-15min CD	90-100mins @E
April 10 - 16	REST	50-70 mins @E	STRIDE WORKOUT	50-60mins @ E	50mins @E or 50mins x-train	8-15min WU 3x 3K @15K pace / 3min @R 8-15min CD	70-80mins @E

April 17 - 23	REST	50-70 mins @E	STRIDE WORKOUT	50-60mins @ E	50mins @E Or 50mins x-train	8-15min WU 8x 3minON / 2minOFF 8-15min CD	90-100mins @E
April 24 - 30	REST	50mins @E	STRIDE WORKOUT	40-50mins @ E	50mins @E or 50mins x-train	8-15min WU 4-6x 5mins @HME / 2-3min@E 8-15min CD	60-80mins @E
May 1 - 7	REST	30-40 mins @E	STRIDE WORKOUT	30-45mins @E	40mins @E or 40mins x-train	8-15min WU 3-5x 1K @ 10K / 3minOFF 8-15min CD	50mins @E
May 8 - 14	REST	30-40 mins @E	STRIDE WORKOUT	30-40mins @E	REST	20-30mins @E	RACE DAY!

### LEGEND

E = Easy Running – easy running should be slow enough that you could have a mostly uninterrupted conversation

x-train = Cross Training – do something else that gets your HR up: biking, swimming, elliptical, cross-country skiing

R = Recovery (jogging or standing)

ME = Marathon Effort

MP = Marathon Pace

HMP = Half Marathon Pace

HME = Half Marathon Effort

ON = 5-10K Effort – focus on effort not pace!

OFF = Easy Jog

WU = warm up

CD = cool down

### WORKOUT EXPLAINERS

Stride Workout (EVERY WEDNESDAY!)

Join us every Wednesday at 5:30PM at Queen's Square in Fredericton (meet near the pickleball courts) for a FREE group workout run by coaches Stephen, Donna, and Nick. We will be helping athletes of all abilities prepare for the Fredericton Marathon, Half, 10K and 5K.

Can't make the workout? Follow us on Instagram or like us on Facebook to see the workout for each Wednesday leading up to race day.

#### Saturday, February 4

The session: 8-15min WU + 10x 1minON / 1minOFF + 8-15min CD

Quick explainer: This is an introductory workout. Outside of the warmup and cool down, the session is 20mins long. For the 1minON – you should be running hard, but sustainably – somewhere between 5K and 10K effort.

#### Saturday, February 11

The session: 8-15min WU + 6x 3minON / 2minOFF + 8-15min CD

Quick explainer: This is a workout which will build on last Saturday. For the 3minON – you should be running hard, but sustainably – somewhere between 10K and half marathon effort. For the two 2minOFF a walk or slow jog is fine.

#### Saturday, February 18

The session: 8-15min WU + 3x 5min @ HME / 2minOFF + 8-15min CD

Quick explainer: Our goal here is to get us running on effort for a longer period. To ease you in, run 3x5mins at half marathon effort. It may take some time to figure this one out, but if you're working hard and not 100% gassed at the end, that is our goal!

#### Saturday, February 25

The session: 8-15min WU + 2x 10mins @ HME / 5min @E + 8-15min CD

Quick explainer: This is an expansion of last Saturday's session. To repeat: Run 2x10mins at half-marathon effort - an effort you feel you can sustain for a half-marathon. Don't worry, we will start at 10K pace soon enough!

### Saturday, March 5

The session: 8-15min WU + 4-8x 1K @ 10K / 2minsR + 8-15min CD

Quick explainer: Told you! This week we are moving from half-marathon effort to 10K pace, meaning this should be at the pace we want to run the race at. If you feel good, you can accelerate later into the session!

### Saturday, March 11

The session: 8-15min WU + 10-15x 1minON / 1minOFF + 8-15min CD

Quick explainer: Consider this a comparable workout to when we did it in week one of the plan. This time you should feel like you either a) are running faster or b) not working quite as hard to run the same pace. Remember: each interval is not all out, you have a big long run tomorrow!

### Saturday, March 18

The session: 35-40mins @ E

Quick explainer: Get ready for a time trial or a race the next day. The goal for this is to get a hard effort in and see where your fitness is at. Based on this, you can adjust what you feel your half marathon pace should be! But remember, we still have a way to go and lots of gains to be made!

### Saturday, March 25

The session: 8-15min WU + 3-4x 2K @10K pace / 3min @R + 8-15min CD

Quick explainer: This will be one of the tougher sessions we have on our program. The goal here is to work a bit longer at 10K pace. We want to feel smooth but fast.

### Saturday, April 1

The session: 8-15min WU + 10x 30secondsON / 90secondsOFF + 8-15min CD

Quick explainer: Time to get the legs moving. These 30 second ON segments should be almost as fast as you can go (within reason). Think about if you were running a 1K race – that is the pace we are aiming for.

### Saturday, April 8

The session: 10-15min WU + 15x 1minON / 1minOFF + 10-15min CD

Quick explainer: Building on this session after doing in a couple times already. Reminder: This time you should feel like you either a) are running faster or b) not working quite as hard to run the same pace.

### Saturday, April 15

The session: 8-15min WU + 3x 3K @15K pace / 3min @R + 8-15min CD

Quick explainer: We are aiming for 15K pace here so somewhere in between your 10K pace and what half marathon effort feels like. 3K repeats can be hard because they feel LONG, but these will help prepare you well for race day!

### Saturday, April 23

The session: 8-15min WU + 8x 3minON / 2minOFF + 8-15min CD

Quick explainer: We did something similar in week one of our program. Now let's do it again, but try to start the 3minON segments at about 10K pace and accelerate as the workout goes along.

### Saturday, April 29

The session: 8-15min WU + 4-6x 5mins @HME / 2-3min@E + 8-15min CD

Quick explainer: TAPER TIME (almost)! We are still working hard, but not gaining fitness anymore. The objective of this workout is to settle into half-marathon pace multiple times. It's still a lot of work but replaces the long run this week. Consider it a long run, with pick-ups!

Saturday, May 6

The session: 8-15min WU + 3-5x 1K @ 10K / 3minOFF + 8-15min CD

Quick explainer: GET THOSE ENGINES FIRED UP. But remember nothing you do between now and race day can really make you fitter BUT there are several things you can do to hurt a good race day. Focus on good hydration, good eating and especially, good sleep.