



15th Annual Power Pedal Ride & Stride 5-Week 10k Training Program

Ready to train for a 10k (6.2 mile) race, but not sure how? Try this 5-week training schedule that we found on www.runnersworld.com, a popular website for runners.

Runner's World Novice 10k Training Program

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	Run 2 miles, 4 x 1.00 AI, Run 2 miles	Run 3 miles/Rest	Run 4 miles + 3 GP	Rest	Run 5 miles	Rest
2	Rest	Run 2 miles	Run 3 miles/Rest	Run 4 miles + 3 GP	Rest	Run 5.5 miles	Run 3.5 miles
3	Rest	Run 2 miles, 4 x 1.30 AI, Run 2 miles	Run 3 miles/Rest	Run 4.5 miles + 3 GP	Rest	Run 6 miles	Run 4 miles
4	Rest	Run 2 miles, 6 x 1.30 AI, Run 2 miles	Run 3 miles/Rest	Run 4.5 miles + 3 GP	Rest	Run 6.5 miles	Run 4.5 miles
5	Rest	Run 2 miles, 4 x 2.00 AI, Run 2 miles	2 miles	Rest	Run 2 miles, 2 GP	Rest	10k Race

Stuff You Need to Know

Aerobic Intervals (AI)

You push the pace just a bit, you breathe just a little harder—followed by slow jogging until you feel rested enough to resume your regular tempo. And you always, always, stay well short of going anaerobic (simply stated, squinty-eyed and gasping for breath). Treat these runs like play. When you do them, try to recreate that feeling you had as a kid when you ran to the park and couldn't wait to get there.

Gentle Pickups (GP)

You gradually increase your pace over 100 meters to about 90% of all out, hold it there for 10-20 meters, then gradually decelerate. Walk to full recovery before you start the next one. Nothing big, nothing really stressful—just enough to let your body go, “Ah, so this is what it feels like to go fast.” Note: After a couple of AI/GP weeks, your normal pace will begin to feel more comfortable. And you'll get race-fit more quickly.

www.powerpedal.com

Celebrating Public Power Week

Benefiting Hospice Brazos Valley

October 13-14, 2007