

# Campus Bible Church



## Endurance Running Training Schedule

### *10K Weekly Training Schedule*

Day	Week					
	1	2	3	4	5	6
Sunday	ER (1 mi)	ER (2 mi)	ER (3 mi)	ER (4 mi)	ER (5 mi)	ER (6 mi)
Monday	XT (p/r)	XT (p/r)	XT (p/r)	XT (p/r)	XT (p/r)	XT (p/r)
Tuesday	Rest	Rest	Rest	Rest	Rest	Rest
Wednesday	ER (1 mi)	ER (2 mi)	ER (3 mi)	ER (4 mi)	ER (5 mi)	ER (6 mi)
Thursday	XT (p/r)	XT (p/r)	XT (p/r)	XT (p/r)	XT (p/r)	XT (p/r)
Friday	Rest	Rest	Rest	Rest	Rest	Rest
Saturday	IT	IT	IT	IT	IT	IT

ER = Endurance Run (increases by 1 mile each week). XT = Cross Training (alternate between plyometric and resistance workouts each week). IT = Interval Training.

## Training Details

1. *Endurance Run*: Initial distance is based on your current average running distance. However, this distance should not exceed two miles. If you do not know your average running distance or it is less than a mile, the initial distance for your Endurance Run should be set at one mile. Your Endurance Run distance will increase by one mile every week until you reach six miles. The Endurance Run will remain at six miles until the week of the race.
2. *Cross Training*: Includes both plyometrics and resistance (weight) training. Alternate between training sets each week. You may switch up the order from week to week, but be sure to complete both plyometric and resistance training workouts each week.
  - a. *Plyometric Training* - All exercises should be completed in a single training session with brief rest period between each exercise, with the exception of the *Ab circuit*. Workouts are expressed as the number of sets x repetitions.
    - i. *Broad Jump* 3x10
    - ii. *Alternate-leg bound* 2x10
    - iii. *Vertical jump* 3x6
    - iv. *One-leg forward hop* 2x10 (both legs)
    - v. *Ab circuit*: Complete sequentially with only 30 sec. recovery period between exercises (2x).
      1. *Straight leg lift* (lie flat on back, raise legs 6 in. off the ground and hold until exhaustion)
      2. *Sit-ups* (complete max # of reps in 1-minute)
      3. *Oblique crunches* (20 reps on each side)
  - b. *Resistance (Weight) Training* – All exercises should be completed in a single training session with brief rest period between each exercise, with the exception of the *Ab circuit*. Workouts are expressed as the number of sets x repetitions @ percentage of single rep max weight. DB = dumbbell.

- i. *DB bent-over row* 3x10 @ 70% max
- ii. *Calf Raise* 3x10 @ 70% max
- iii. *DB chest press* 3x10 @ 70% max
- iv. *Lunge* 3x10 @ 70% max
- v. *DB curls* 3x10 @ 70% max
- vi. *Walking lunges* 3x10 @ 70% max
- vii. *Ab circuit*: Complete sequentially with only 30 sec. recovery period between exercises (2x).

1. *Straight leg lift* (lie flat on back, raise legs 6 in. off the ground and hold until exhaustion)
2. *Sit-ups* (complete max # of reps in 1-minute)
3. *Oblique crunches* (20 reps on each side)

3. *Rest*: The purpose of rest periods is to allow your body to adjust to the demands of training and provide your muscles, joints, and soft tissue time to adapt to the elevation in physical stress. Be sure to utilize recovery techniques (i.e. hydration, stretching, massage, nap, etc.) in order to fully benefit from your rest days.
4. *Interval training*: Total training session should last for a total of 45 minutes. Begin training session with 15-minute *tempo run* and then continue *fartlek runs* for the remaining 30 minutes. This includes 5 minutes of warm up to recover from the *tempo run* and a 5-minute cool down at the end of the session. Therefore, you should be performing *fartlek runs* for a 20-minute period.
  - a. *Tempo Run* – Run with increased speed and effort, faster than 10K speed, about 5K intensity or half distance of current endurance run.
  - b. *Fartlek Runs* – Speed bursts 1 to 3 minutes in length (e.g. running at the maximum pace possible for one to three minutes), with recovery periods (e.g. 30%-50% maximum pace) interspersed.