



HSF Ride for Heart – 10K run

Goal Date: June 5th

Easy Run: As it sounds. Don't worry about pace – just jog gently.

Brisk Walk: Fast paced walk. Bend your elbows at 90 degrees and pump your arms in synch with your legs.

Up-tempo Run: Pick up the pace from your natural easy pace. Focus on faster turnover (vs. longer strides). Your breathing will deepen and effort will increase, but you're not sprinting.

Strides: 60 m – 80 m of controlled, fast running (about ¾ the length of a football field – or about 15 – 20 seconds). Focus on fast turnover, driving elbows back on arm swing and relaxed shoulders. Recover fully before starting the next one. Strides should not feel hard, rather they are a running drill which teaches you to run efficiently and with good form.

Cross-train: Any form of exercise that isn't running. Can be aerobic (swimming, cycling) or strength based (yoga, weights). Do not go too hard on these days as they are designed to increase your general fitness while also allowing your body to recover from the specific stress of running.

Walking: There is no walking designed specifically into this schedule, however feel free to take walking breaks where you need them – especially when extending the long run.

Hills or Stairs: Adding short bursts of hill or stair training helps to build your running specific strength and economy. If there are no hills around your area, stairs can provide similar benefits. You can alternate hitting every step and every other stop for a slightly different workout.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	April 11 Easy run – 15 minutes	12 Rest	13 cross-train	14 Easy run – 20 minutes	15 Rest	16 Easy run 20 minutes or cross-train	17 Easy run – 30 minutes
WEEK 2	18 Easy run – 20 minutes Add 2 x strides at the end	19 Rest	20 cross-train	21 Easy run 10 minutes (Up tempo run 2 minutes, easy run 1 minute) – repeat 3 times Easy run 10 minutes	22 Rest	23 Easy run 20 minutes or cross-train	24 Easy run – 35 minutes

WEEK 3	25 Easy run – 25 minutes Add 3 x strides at the end	26 Rest	27 cross-train	28 Easy run 10 minutes to a hill or set of stairs. Run up for 30 seconds. Jog gently back down. Repeat 4-5 times. Easy run 10 minutes	29 Rest	April 30 Easy run 20 minutes or cross-train	May 1 Easy run – 40 minutes
WEEK 4	2 Easy run – 30 minutes Add 4 x Strides at the end	3 Rest	4 cross-train	5 Easy run 10 minutes (Up tempo run 3 minutes, 2 minutes Easy) – repeat 3 times Easy run 5 minutes	6 Rest	7 Easy run 20 minutes or cross-train	8 Easy run 40 minutes
WEEK 5	9 Easy run – 30 minutes Add 4 x Strides at the end	10 Rest	11 cross-train	12 Easy run 10 minutes to a hill or set of stairs. Run up for 30 seconds Jog gently back down. Repeat 5-6 times. Easy run 10 minutes	13 Rest	14 Easy run 20 minutes or cross-train	15 Easy run 45 minutes
WEEK 6	16 Easy run – 35 minutes Add 4 x Strides at the end	17 Rest	18 cross-train	19 Easy run 5 minutes (Up tempo run 5 minutes, 2 minutes Easy) - repeat 2 times Easy run 5 minutes	20 Rest	21 Easy run 20 minutes or cross-train	22 Easy run 50 minutes
WEEK 7	23 Easy run – 30 minutes Add 4 x Strides at the end	24 Rest	25 cross-train	26 Easy run 10 minutes Up tempo run 10 minutes Easy run 5 minutes	27 Rest	28 Easy run 20 minutes or cross-train	29 Easy run 55 minutes
WEEK 8	30 Easy run – 25 minutes Add 4 x Strides at the end	May 31 Rest	June 1 Rest or cross-train	2 Easy run 10 minutes (Up tempo run 1 minute, 2 minutes Easy) – repeat 5 times Easy run 5 minutes	3 Rest	4 Rest	5 Ride for Heart 10K Run! (don't forget to warm-up for 5-10 minutes with brisk walking or light jogging) – Have Fun!