



10 Weeks to 10 Miler Program



The USSF T-10 Miler is quickly approaching, so we created a 10 Week training plan to get you ready! The 10 Weeks to 10 Miler Training program begins 1 Oct and takes you to Race Day. Sign up at the Fitness Center to track your progress and earn a swag bag or follow the program on your own time.

Upcoming 5Ks to train and test your running!

COSTUME 5K RUN/WALK	27 OCT 22, 0700, WARFIT FIELD, SINGLE COURSE
TURKEY TROT 5/10K RUN/WALK	17 NOV 22, 0700, WARFIT FIELD, SINGLE OR DOUBLE COURSE

For training assistance or questions for any part of this plan,

Please email: 45FSSFAC@US.AF.MIL.

PERFORMANCE INDICATORS			
ZONE	Heart Rate %	TALK TEST	BREATH
5	90 – 100%	Unable to talk	Mouth In / Mouth Out
4	80 – 90%	Difficult to talk, only one word between breaths	Strong Nasal In / Mouth Out
3	70 – 80%	Difficult to talk, can alternate between a few words and a few breaths	Strong Nasal In / Strong Nasal Out
2	60 – 70%	Can hold a conversation easily with pauses	Strong Nasal In / Nasal Out
1	50 – 60%	Easily hold a conversation	Nasal In / Nasal Out
MAX HEART RATE (MHR) $220 - \text{AGE} = \text{MHR}$ Example: $220 - 38 = 182$ MHR MHR x HEART RATE % = TRAINING ZONE Example $182 \times .80 = 146$ & $182 \times .90 = 164$ (ZONE 4)			

Warm-up: Warming up before any training session is very important. Warm-ups consist of a 5-10 minute jog (about 1 mile). We want to slowly raise the heart rate up and get the muscles warm. Then dynamic stretches to put the muscles through full range of movement. Dynamic stretches are very important before any type of sprint work. Everyone's warm up will be different and take your time until you feel warm, loose, and relaxed.

VO2: After warming up, you will run hard, rest, and repeat several times. This type of training teaches the body how to utilize oxygen more efficiently. VO2 max is the maximum amount of oxygen your body can uptake and utilize. During this program sprint intervals training (SIT) will be utilized.

400m sprint: 1:1 Work to Rest Example: 400m run in 1:30, you rest 1:30 before starting next sprint

200m sprint: 1:3-4 Work to Rest Example: 200m run in :40, you rest 2:00 to 2:30 before next sprint

*If you can get your heart rate below 75% your MHR then you can begin next sprint.

Threshold: After warming up you will run at a pace about 2 minutes slower than your 5k mile pace time or 80-90% MHR. This type of training allows for the slow accumulation of lactic acid and allows your body to adapt/operate while accumulation occurs.

Tempo: After warming up you will run at pace, partially recover, and repeat 2 to 4 times. This type of training teaches the body how to deal with the accumulation of lactic acid (hydrogen+). During this training you will utilize half and full mile repeats followed by slow jog/walk recovery.

800m repeat: Recovery time is about half of your run period (2-3 minutes)

1600m repeat: Recovery time is about half of your run period (3-5 minutes)

Long Slow Distance (LSD): After warming up you will run at a slow and comfortable pace for the allotted time. Your heart rate should stay low (60 – 70% MHR).

Cool Down: Cooling down is just as important as properly warming up. We want to slowly lower the heart rate. Spend 10 minutes or more at a slow jog/walk until resting heart rate drops to 70% of your max heart rate (MHR). The faster this number drops the more efficient your body is becoming.

10 MILE TRAINING PROGRAM

Pre- Training Test	5K Pace: _____ Heart Rate: _____						
	REST	VO2	Threshold	REST	Tempo	REST	LSD
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	REST	4 x 400m	25-30min	REST	4x800m	REST	3-5 miles
2	REST	4 x 400m 2 x 200m	30 min	REST	4x800m	REST	4-5 miles
3	REST	5 x 400m	35 min	REST	2x1600m	REST	5 miles
4	REST	5 x 400m 2 x 200m	35 min	REST	Costume Run 5K	REST	5-6 miles
5	REST	6x400m	40 min	REST	2x1600m 2x800m	REST	5 miles
6	REST	6x400m 2x200m	40 min	REST	3x1600m	REST	6-7 miles
7	REST	7x400m	45 min	REST	Turkey Trot 5K	REST	7 miles
8	REST	7x400m 2x200m	45 min	REST	3x1600m 2x800m	REST	8 miles
9	REST	8x400m	50 min	REST	4x800m	REST	5 miles
10	REST	4x400m	30 min	REST	2x800m	REST	RACE DAY