

10 Week Training Guide

Scottsdale
Nov 12



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	SEPT 4 Mindful Monday Set your intentions for the week.	SEPT 5 Easy Run 1-3M (1.5-5km) 3-4 Effort	SEPT 6 Low Impact Workout Strength, stretch, yoga? It's up to you..	SEPT 7 Easy Run 1-3M (1.5-5km) 3-4 Effort	SEPT 8 Rest Day	SEPT 9 Long Run 2-4M (3-6.5km) 3-4 Effort	SEPT 10 Low Impact Workout
2	SEPT 11 Mindfulness + Easy Run 1-3M (1.5-5km) 3-4 Effort	SEPT 12 Low Impact Workout	SEPT 13 Speed Work Run 45s 6-7 Effort Recover 75s 2-3 Effort Repeat 8-12 times	SEPT 14 Low Impact Workout	SEPT 15 Easy Run 1-4M (1.5-6.5km) 3-4 Effort	SEPT 16 Rest Day	SEPT 17 Long Run 2-4M (3-6.5km) 3-4 Effort
3	SEPT 18 Mindful Monday Set your intentions for the week.	SEPT 19 Easy Run 1-3M (1.5-5km) 3-4 Effort	SEPT 20 Speed Work Run 90s 7-10 Effort Run 60s 8-10 Effort Run 30s 9-10 Effort Repeat 3-4 times	SEPT 21 Low Impact Workout	SEPT 22 Easy Run 1-4M (1.5-6.5km) 3-4 Effort	SEPT 23 Rest Day	SEPT 24 Long Run 2-5M (3-8km) 3-4 Effort
4	SEPT 25 Mindful Monday Set your intentions for the week.	SEPT 26 Easy Run 1-3M (1.5-5km) 3-4 Effort	SEPT 27 Speed or Hills Speed: 10x run 60s 7.5-8.5 Effort 10x recover 60s 1-3 Effort Hills: Run uphill 7-8.5 Effort Walk/jog downhill 1-3 Effort Repeat 6-10 times.	SEPT 28 Low Impact Workout	SEPT 29 Tempo Run Run 5min 6-7 Effort Recover 3min 1-3 Effort Repeat 3-4 times.	SEPT 30 Rest Day	OCT 1 Long Run 2-5M (3-8km) 3-4 Effort
5	OCT 2 Mindful Monday Set your intentions for the week.	OCT 3 Easy Run 2-4M (3-6.5km) 3-4 Effort	OCT 4 Run With Strides 1-3M (1.5-5km) 3-5 Effort 6x 15-20s strides toward end of run.	OCT 5 Low Impact Workout	OCT 6 Tempo Run Run 6min 6-7.5 Effort Recover 3min 1-3 Effort Repeat 2-3 times.	OCT 7 Rest Day	OCT 8 Long Run 2-6M (3-9.5km) 3-4 Effort
6	OCT 9 Mindful Monday Set your intentions for the week.	OCT 10 Run 2-4M (3-6.5km) 3-5 Effort	OCT 11 Speed Work Run 2min 7-8 Effort Recover 2min 1-3 Effort Repeat 4-8 times.	OCT 12 Low Impact Workout	OCT 13 Tempo Run Run 20min 5-7 Effort	OCT 14 Rest Day	OCT 15 Fast Finish Long Run 2-6M (3-9.5km) 3-4 Effort Speed up for last 1M 5-6 Effort
7	OCT 16 Mindful Monday Set your intentions for the week.	OCT 17 Run 2-4M (3-6.5km) 3-5 Effort	OCT 18 Speed Cut-Down Run 3min 7 Effort 90s Recover Run 2min 8 Effort 90s Recover Repeat 2-3 times. 3min rest between sets.	OCT 19 Low Impact Workout	OCT 20 Tempo Run Run 8min 6-7 Effort Recover 4min 1-3 Effort Repeat 2-3 times.	OCT 21 Rest Day	OCT 22 Long Run 3-7M (5-11km) 3-5 Effort
8	OCT 23 Mindful Monday Set your intentions for the week.	OCT 24 Run 2-5M (3-8km) 3-5 Effort	OCT 25 Speed or Hills Speed: Run 2min 7.5-8.5 Effort Recover 2min 1-3 Effort Repeat 6-12 times. Hills: 12x run uphill 60s 7.5-8.5 Effort 12x walk/jog downhill 1-3 Effort	OCT 26 Low Impact Workout	OCT 27 Tempo Run Run 10min 5-7.5 Effort Recover 4min 1-3 Effort Repeat 2-3 times.	OCT 28 Rest Day	OCT 29 Fast Finish Long Run 3-7M (5-11km) 3-5 Effort Speed up for last 2M 6-7 Effort
9	OCT 30 Mindful Monday Set your intentions for the week.	OCT 31 Run 2-4M (3-6.5km) 3-5 Effort	NOV 1 Speed Work Run 90s or 400m 7-9 Effort Recover 90s or 200m 1-3 Effort Repeat 8-14 times.	NOV 2 Low Impact Workout	NOV 3 Tempo Run Run 10min 5-7.5 Effort Recover 4min 1-3 Effort Repeat 2-3 times.	NOV 4 Rest Day	NOV 5 Short or Long Run 2-5M (3-8km) Any Effort
10	NOV 6 Mindful Monday Set your intentions for the week.	NOV 7 Speed Work Run 0.5M 7 Effort Recover 90s-2min 1-3 Effort Repeat 3-5 times	NOV 8 Rest Day Save your legs for Sunday's running party	NOV 9 Run 1-3M (1.5-5km) 3-4 Effort	NOV 10 Rest Day Take today to relax, stretch, and mentally prepare for the race.	NOV 11 Optional Easy Run 1-2M (1.5-3km) 2-4 Effort	NOV 12 Race Day 🏃 You made it. All that hard work is about to pay off.