

Congratulations on deciding to train for the Ukrop's Monument Avenue 10k! Read below for some helpful training tips:

- Consider starting by walking and transition gradually into running – it is wiser to work at a slow and steady pace. The purpose of beginning like this is to condition your heart and lungs, other muscles, connective tissue, and your mind.
- Start off at a slow, comfortable pace, then gradually introduce faster running.
- Mixing in a combination of walking and running is a good way to build your endurance.
- If you feel the need to progress faster, please consult your school coordinator or coach.
- Get a good pair of running shoes. Don't run in shoes that are old or not made for walking and running. You may end up injured!
- Expect to feel a little soreness the first week or two. You may not have exercised much, and it will take a little while for you to adjust.
- If you feel more than general muscle soreness, slow down! Don't try to keep pushing through pain, this could result in serious consequences!
- If you feel pain, rest and use ice. Talk to your school coordinator or coach and let your parent or guardian know.
- If you have to, take a break for injury or family commitments, but please, don't give up! Just pick up where you left off. Don't try to cram in or double up missed workouts.
- The days of the week listed are just for guidance. Run or walk on the days that best suit your schedule and modify if necessary.

Types of Training Paces & Exercises

Easy– The easy runs/walks should be at a slow comfortable pace. There are really recovery workouts. Don't worry if you don't feel tired afterwards. These help to get you muscles used to the miles and help to keep you moving.

Steady– These are the longer runs/walks each week. They should be completed at a comfortable pace where you can talk easily with your friends. Don't try to go as fast as you can. These workouts are geared toward getting you used to going longer distances. This isn't a race, so keep a steady pace!

Cross Train – Cross training means engaging in physical activity that is aerobic, but does not tax your skeletal system and connective soft tissue the same way running does. This could be swimming, cycling, walking, or other aerobic training. The type of cross training you select is up to you! Just don't make the mistake of cross training too vigorously. These days should be easy and allow you to recover from the runs/walks you do for the rest of the week, while also providing a different activity that keeps you active.

Rest– Rest is an integral part of your training. If you would like to go for an easy walk on your rest days that is okay, but don't push it. Be realistic about your fatigue level and don't feel guilty if you decide to take an additional day off. Remember that the rest days give your muscles a chance to rebuild. Rest builds strength!

Interval – After a 5–10 minute warm-up at an easy pace, run/walk a little faster—somewhere close to your race pace—for 30 seconds. Recover at an easy pace and repeat 4–6 times. Work towards 6–8 intervals of 45 seconds to a minute as your conditioning improves. After your intervals, be sure to cool-down for 5–10 minutes at an easy pace. The mileage listed for interval workouts is just a guideline of about how much total mileage you should aim to complete during your interval workouts.

SUN	MON	TUES	WED	THURS	FRI	SAT
2/11 Rest	2/12 1 Mile Steady	2/13 Rest	2/14 1.5 Miles Easy	2/15 1 Mile Steady	2/16 Rest	2/17 Cross Train
2/18 Rest	2/19 2 Miles Steady	2/20 Rest	2/21 1.5 Miles Easy	2/22 2 Miles Easy	2/23 Rest	2/24 Cross Train
2/25 Rest	2/26 3 Miles Steady	2/27 Rest	2/28 2 Miles Easy	2/29 2.5 Miles Interval	3/1 Rest	3/2 Cross Train
3/3 Rest	3/4 3.5 Miles Steady	3/5 Rest	3/6 2.5 Miles Easy	3/7 3 Miles Interval	3/8 Rest	3/9 Cross Train
3/10 Rest	3/11 4 Miles Steady	3/12 Rest	3/13 3 Miles Easy	3/14 3.5 Miles Interval	3/15 Rest	3/16 Cross Train
3/17 Rest	3/18 3 Miles Steady	3/19 Rest	3/20 2 Miles Easy	3/21 2.5 Miles Interval	3/22 Rest	3/23 Cross Train
3/24 Rest	3/25 5 Miles Steady	3/26 Rest	3/27 3 Miles Easy	3/28 3 Miles Interval	3/29 Rest	3/30 Cross Train
3/31 Rest	4/1 4 Miles Steady Spring Break	4/2 Rest Spring Break	4/3 3 Miles Easy Spring Break	4/4 2.5 Miles Interval Spring Break	4/5 Rest Spring Break	4/6 Cross Train
4/7 Rest	4/8 4 Miles Steady	4/9 Rest	4/10 2.5 Miles Easy	4/11 Rest	4/12 Rest	4/13 Cross Train
4/14 Rest	4/15 3 Miles Steady	4/16 Rest	4/17 2 Miles Easy	4/18 Rest	4/19 Rest	4/20 Ukrop's MONUMENT AVENUE 10K PRESENTED BY Kruger