

BLOCK 3

8 week final phase
Distance & RPE Intervals



10K Training Plan by Chris Hinshaw

Block 3: Final Phase

Workouts: Distance Based Intervals

Remaining Days of the Week:

Tuesday: Functional or Strength Training (45-60min)

Thursday: Jog 2-3 miles (easy), Athlete Choice, or Rest

Friday: Functional or Strength Training (45-60min)

Sunday: Rest Day or Yoga

	MONDAY	WEDNESDAY	SATURDAY
Block 3: Week 1	<p>4 sets: 1200m at RPE4, Rest 2min after each set,</p> <p>4 sets: 150m at RPE9***, Rest 30sec b/t sets ----- Total: 5400m</p> <p>***Maintain control of running technique</p>	<p>Warm-Up: 4 sets: 400m at RPE3, 50m (or 10sec) at RPE8-9 No rest b/t reps or sets</p> <p>Rest 3min,</p> <p>Main Workout: 300m at RPE8, 100m walk, 400m at RPE7, Rest 90sec, 500m at RPE6, Rest 2min, 600m at RPE5, Rest 2min 500m at RPE6, Rest 2min, 400m at RPE7, Rest 90sec, 300m at RPE8, 100m walk ----- Total: 4800m + 200m walk</p>	<p>40min at easy pace (RPE3) ----- Every 4-minutes perform: 10 steps acceleration to fast (RPE8) 30 steps hold fast (RPE8), 10 steps gradual slowing to easy (RPE3) ----- Total: 40min</p>
Block 3: Week 2	<p>2000m at RPE3, Rest 3min, 400m at RPE6-7, Walk 100m, 300m at RPE7-8, Rest 3min,</p> <p>2 sets: 80m at 200m goal speed, Full recovery, 100m at 200m goal speed, Rest 3min (full recovery) ----- 150m at max "race" effort (record time) ----- Total: 3210m + 100m walk</p> <p>Details: Track athletes and coaches multiply their 150m time by 1.333 to predict a 200m time: For example, an athlete with a 150m result of 30sec would have a predicted 200m time of 40-seconds (30sec x 1.333).</p>	<p>2 sets: 500m at RPE6, 400m at RPE7, 300m at RPE8, 200m at RPE9*** Rest: 2min b/t all reps & sets ----- Total: 2800m</p> <p>***Maintain control of running technique</p>	<p>AM: 8-minutes at RPE3 with 8 steps at RPE10 every 1min, Rest 2min, 9-minutes at RPE3 with 12 steps at RPE10 every 90sec, Rest 2min, 10-minutes at RPE3 with 16 steps at RPE10 every 2min</p> <p>PM: 25-minutes at RPE3*** ----- Total: 52min</p> <p>***Anytime 3+ hours after the morning run (preferred)</p>

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Tuesday: Functional or Strength Training (45-60min)

Thursday: Jog 2-4 miles (easy), Athlete Choice, or Rest

Friday: Functional or Strength Training (45-60min)

Sunday: Rest Day or Yoga

Workouts: Distance Based Intervals

	MONDAY	WEDNESDAY	SATURDAY
Block 3: Week 3	<p>2 sets: 3x (600m at RPE3-4, 30sec rest) Rest: 3min after each set ----- 400m at max "race" effort (record time) ----- Total: 4000m</p> <p>Details: Use your 200m max effort result from the final workout in Block 1 to help estimate your 1st 200m target split. This 1st 200m target split can be calculated by adding 2-seconds to your Block 1, 200m finishing time. For example, an athlete with a 200m result of 40sec would have a 1st 200m target split of 42sec (at the fastest).</p>	<p>1200m at RPE4, 2min rest, 200m at RPE8, 100m walk, 1200m at RPE4, 2min rest, ----- 5x (100m at RPE9, 30sec walk), 800m at RPE5, 2min rest 5x (100m at RPE10, 30sec walk), ----- Total: 4400m + 600m walk</p> <p>***Maintain control of running technique during the RPE9 controlled sprints.</p>	<p>2 miles at RPE3, 2 miles at RPE5 (10K goal pace) No rest b/t intervals ----- Total: 4 miles</p>
Block 3: Week 4	<p>Part 1: 5 sets: 20m acceleration to RPE8-9, 20m hold speed at RPE8-9, 20m gradual slowing to stop, Full recovery (2-3min) b/t sets Rest 3-5min, Part 2: 5 sets: 100m at RPE9-10 300m at 'athlete selected' intensity, No rest b/t reps or sets ***Record total time to complete all 5 sets ----- Total: 2300m</p> <p>Goal: Maintain a consistent 100m speed while running your 300m intervals as fast as possible. Priority: The 100m sprints must be equal or faster than your 1st 100m sprint . What was your average 100m pace? What was your average 300m pace?</p>	<p>400m at RPE3, No rest, 200m at RPE8, 30sec rest, 200m at RPE8, 1min rest, 600m at RPE3, No rest, 200m at RPE8, 30sec rest, 200m at RPE8, 1min rest, 800m at RPE3, No rest, 200m at RPE8, 30sec rest, 200m at RPE8, 1min rest, 1000m at RPE3, No rest, 200m at RPE8, 30sec rest, 200m at RPE8 ----- Total: 4400m</p>	<p>45-minutes at RPE3 ----- Perform 10x60sec surges at RPE5-6 at anytime within the 45min run. Walk for 1-minute after each surge. ----- Total: 45min</p>

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Tuesday: Functional or Strength Training (45-60min)

Thursday: Jog 2-5 miles (easy), Athlete Choice, or Rest

Friday: Functional or Strength Training (45-60min)

Sunday: Rest Day or Yoga

Workouts: Distance Based Intervals

	MONDAY	WEDNESDAY	SATURDAY
Block 3: Week 5	<p>6 sets: 200m at RPE8, 100m at RPE3-4, No rest b/t reps or sets,</p> <p>Rest 4min, 300m at RPE4-5, No rest, 300m at RPE6, 2min rest, 200m at RPE6-7, No rest, 200m at RPE8, 1min rest, 100m at RPE8-9, No rest, 100m sprint ----- Total: 3000m</p>	<p>200m at RPE8, Rest 1min, 200m at RPE8, Rest 1min, 400m at RPE6, Rest 1min, 300m at RPE7, Rest 1min, 300m at RPE7, Rest 1min, 400m at RPE6, Rest 1min, 200m at RPE8, Rest 1min, 200m at RPE8 ----- Total: 2200m</p>	<p>Athlete Race Warm-up (optimize "your" routine)</p> <p>Part 1: 3000m (1.8 miles) at max "race" effort ***Record Time</p> <p>Part 2: 30-minutes at easy (RPE 2-3) ----- Total: ~2 miles + 30min</p> <p>Part 2 can be performed anytime after Part 1.</p>
Block 3: Week 6	<p>8 sets: 200m at RPE5, 300m at RPE8, 100m at RPE2, No rest b/t reps or sets. ----- Total: 4800m</p> <p>Details: The goal in this workout is to have your finishing time in the 100m and 200m intervals equal to the 300m time.</p>	<p>Warm-Up: 1x (600m at RPE4, 60sec rest), 2x (300m at RPE6, 60sec rest), 4x (150m at RPE8, 60sec rest)</p> <p>Rest 3min</p> <p>6 sets: 200m at RPE8, no rest, 100m at RPE3, no rest, 100m sprint Rest: 3min b/t sets ----- Total: 4200m</p>	<p>2-miles at RPE4, Rest 2min, 1.5-miles at RPE5, Rest 2min, 1-mile at RPE5-6 ----- Total: 4.5 miles</p> <p>Details: Which of these interval paces is your 10k 'goal' race pace or are all too slow?. Our next workout will be re-testing these 3 intensities plus one pace that might be slightly faster than your 10k race pace.</p>



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Remaining Days of the Week:

Tuesday: Functional or Strength Training (45-60min)

Thursday (2 days before race): See below

Friday (1 day before race): Rest Day

Sunday: Rest Day or Yoga

Workouts: Distance Based Intervals

	MONDAY	WEDNESDAY	THURSDAY	SATURDAY
Block 3: Week 7	<p>4 sets: 1-mile at RPE5 Rest 1min b/t sets, ----- Total: 4 miles</p> <p>Details: The goal in this workout is to find your most likely 10k race pace. Although all 4 intervals target a RPE5 (moderate) pace, your 1-mile finishing time (speed) should progressively get faster.</p>	<p>5min at RPE3, Rest 1min, 5min at RPE3, Rest 2min,</p> <p>6 sets: 2min at RPE4, 20sec RPE9***, No rest b/t reps or sets ----- Total Workout: 27min ***Maintain control of running technique</p>	<p>2-5 miles easy (RPE2-3) or Athlete Choice</p>	<p>25min at RPE3 Perform 30sec surge at RPE5 every 2min. ----- Total: 25min</p>
Block 3: Week 8	<p>3x (300m at RPE8, 100m walk), Rest 2min, 3x (300m at RPE8, 100m walk), Rest 2min, 3x (300m at RPE8, 100m walk). ----- Total: 2700m + 900m walk</p> <p>Details: The target time for the 100m walk is 1-minute</p>	<p>1.5 miles at RPE3, Rest 2min,</p> <p>5 sets: 80m at RPE9-10, 20m gradual slowing, 200m walk ----- Total: 2900m + 800m walk</p>	<p>2-3 miles easy (RPE2-3) Rest 2-4min</p> <p>3 sets: 100m at 90% Rest or walk 3min after each</p>	<p>RACE DAY!!!</p> <p>Warm-Up 10min at RPE3, 3x (50m at RPE7-8, 150m walk) 2x (100m at RPE8-9, 200m walk) Rest 2-3min, 200m at 10K goal pace, 100m walk, 100m recovery jog, Full Recovery ----- 10K Race Start...3, 2, 1, Go!!</p>



RUNNING INTENSITY CHART

This is how you define your intensity level



RPE Scale (1-10)	General Intensity Level	Percent Max Capacity	More Details...	Breathing	Talk Test	Description	Purpose/Adaptation
1	Easiest	10%	Easiest pace. Takes focus to maintain this easy of an intensity	Normal	Effortless Conversation		Typically used during warm-up and cool-downs.
2	Easier	20%	This is your all day pace. Minimal accumulation fatigue.	Normal	Relaxed Conversational	Active Recovery	Light aerobic, low intensity work. Sustainable and fat burning. Short term maintenance of physiological abilities
3	Easy	30%	Very comfortable pace.	Comfortable	Conversational	Aerobic Threshold	Possible sweating. Relaxed and controlled. Increased fat utilization. General cardiovascular fitness. Slow twitch muscle fiber recruitment. Lactate clearance.
4	Easy/Moderate	40%	This is your 40-60min pace at max effort. Tempo, steady, sustainable intensity.	Slight increase in respiration and heart rate	Slight Interference		
5	Moderate	50%		Controlled & Steady	2-3 Sentences	Lactate Threshold	Sweating. Increased oxidative capacity. On the edge of aerobic and pushing into anaerobic. High level of cardiovascular fitness. Building mental and physical tolerance.
6	Moderate/Hard	60%	This is your 20-30min pace at max effort. Pace should feel challenging and/or difficult to maintain.	Deep & Rapid	Broken Sentences. Beginning to Self Talk		
7	Hard (Fast)	70%			Heavy Breathing Speaking in Syllables	VO2max	Sweating freely. Physical stress. Increased maximal cardiac output, increased oxidative capacity, fatigue resistance of fast twitch muscle fibres, increased power. Developing oxygen transport to the muscles under stress.
8	Harder (Faster)	80%			Bordering hyperventilation		
9	Hardest (Fastest)	90%	This is your near max effort pace up to ~1-2min. This pace can only be maintained for short amounts of time during interval workouts.	Hyperventilation	Extremely Difficult	Anaerobic Capacity	Sweating heavily. Very stressful. Increased muscle buffering capacity, increased speed, strength and power. Unsustainable. 100% carbohydrate. Accustoming the body to work without oxygen.
10	Sprint or Max Effort	100%	This is your sprint pace for up to ~20-30sec.	Breathless	Impossible	CNS Neuromuscular	

