

GETTING STARTED GUIDE

Team Fox 10K Training

The following guide provides you with key training information, explains how to follow your training plan and provides pacing information for several 10k finish times. Familiarize yourself with this material before getting started and refer back to it throughout your training.

Getting Started

Your weekly training schedule acts only as a guideline. Be flexible about modifying the plan if conditions such as weather, lack of sleep, or work get in the way. Ask your coaches for advice if you are unsure what to do about a missed workout or upcoming conflict. **We are here to help and happy to customize your plan.**

Contact Information

If you have any questions throughout your training, email us anytime. No question is too small.

Hot Bird Running

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Training Schedule Information

We provided 2 levels of training plans: Beginner or Advanced. Use our guide at the top of each spreadsheet to self-select which level of training is appropriate for you. If you aren't sure, email us. Training Plan documents contain your training schedule with workout details and space for you to log your workouts; a mileage overview of the training; and training definitions explaining each type of workout listed in your schedule as well as Hot Bird Running's perceived effort scale. Use your training plan and the training supplements we provide to guide your training. A few popular target training paces are listed below. Make sure you understand what's in the details.

Goal Setting

Setting goals will be instrumental to your success. Short and long term goals are equally important. Before you begin training, write down your race goals. They can range from "crossing the finish line", "finishing happy" to "running a PR". Remember to be flexible. You do not have to follow the training program exactly as is to accomplish your goals.

Keep a Detailed Logbook

Record your workout history – include all runs (miles, pace, total time), cross training and strength training. We encourage you to be as specific as possible. Details such as location, weather, muscle soreness, level of fatigue, or intensity will help you as well. Here is an example of a weekly log. The blue cells are the filled in by your Hot Bird Running coach and the white cells are for you to update and record your progress.

DAY	MO	TU	WE	TH	FR	SA	SU	TOTAL	RUNNER'S NOTES
DATE	9/2	9/3	9/4	9/5	9/6	9/7	9/8		Intervals: 800m times w/ 400m spilt (1) 4:08 - 2:00/2:08; (2) 4:15 2:06/2:09; (3) 4:30 - 2:15/2:15; (4) 4:26 - 2:13/2:13. Some tightness in left hamstring. Easy: 3M, avg pace 10:07; Run: 5M, avg pace 9:30; Tempo: 7M, avg pace 8:15mm. Some concern about calf tightness starting right before mile 5. XT: 30 min elliptical
Workout	Easy	Intervals	XT	Run	Rest	Tempo	Rest		
GOAL	3	6	30 min	5		7		21	
Strength	core	core	LB	core		LB			
ACTUAL	3	6	30min	5	rest	7	rest	21	
XT	core	core	LB	core		core			

Modifying Your Training

There are times when you need to modify the training schedule created for you. As you get to know your body and your running, you can alter your training program if necessary. We recommend adhering to the following guidelines related to specific reasons for modifying your training:

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MISSED RUNNING WORKOUTS:

During training, you're bound to miss a few workouts here and there. When you do, remember to keep moving forward in your schedule and forget about making up the missed workout. Missing a few workouts will not ruin your training - trying to fit the missed ones in with the rest of your schedule might!

CHANGING YOUR WORKOUT DAYS:

You can adjust the training schedule to fit your personal schedule - in fact we encourage this because it makes the schedule truly your own and easier to follow. When adjusting, **avoid** back-to-back hard run days. Specifically, do not do interval workouts, hill repeats or long runs on consecutive days. If you need to reschedule your strength training workouts, we advise at least a 24-hour recovery period.

INJURIES:

Training for a 10K asks a lot out of your body, physically and mentally. At some point during training, you might start to feel aches and pains that are troublesome, get worse during the run or you've just never felt before. Don't be afraid to take an extra day or two off to give your body the extra recovery it needs. Pick up where you left off when you are ready to return. Email your coaches if you're not sure what to do in the event of feeling pain/discomfort or how to return to training again.

PACING GUIDELINES

Below are target training paces for the following goal 10K finish times. Email us if you'd like help figuring out target training paces for other 10K finish times.

Target Training Paces for Sample 10k Finish Times					
Workout	70 min	62 min	55 min	50 min	45 min
Easy Run (min/mi)	12:00 – 12:45	10:50 – 11: 40	9:40 – 10:40	8:10 – 9:10	8:00 – 9:00
Goal/Race Pace	11:15 min/mi	10:00 min/mi	8:51 min/mi	8:02 min/mi	7:14 min/mi
200 m (min:sec)	1:04 – 1:10	1:00 – 1:05	0:48 – 0:55	0:44 – 0:50	0:40 – 0:45
400m (min:sec)	2:15 – 2:30	2:00 – 2:15	1:42 – 1:58	1:35 – 1:45	1:25 – 1:35
800m (min:sec)	4:45 – 5:00	4:15 – 4:30	3:45 – 4:00	3:25 – 3:40	3:10 – 3:25
1200m (min:sec)	7:25 – 7:45	6:35 – 7:05	5:55 – 6:25	5:25 – 5:45	5:00 – 5:15
Mile Pace (min:sec)	9:45 – 10:30	8:50 – 9:30	7:40 – 8:15	6:55 – 7:35	6:15 – 6:35

USEFUL TIPS FOR 10K TRAINING

Tracking your distance and your pace

You don't need a GPS watch to train for a 10K. We recommend the Map My Fitness or Nike+ Running app or a good old fashion stopwatch.

Choosing the right running shoes

We recommend you go to a running store to get fitted. Jog in the shop or outside to test the shoe – not just on the treadmill because a treadmill affects your running form. The shoe should be comfortable as soon as you put it on. To ensure a proper fit, test out shoes in the afternoon and buy shoes slightly larger than your conventional shoe (feet swell about one half size during the day and during running).

Proper breathing

Breathe predominantly into the diaphragm, rather than shallow chest breaths. As you breathe in, the stomach expands out (like a balloon filling up), and when you exhale, the stomach retracts. Breathe in and out of your mouth while you run.

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Each run has a purpose

Pay attention to the specific goal of each workout and understand that not every run during training is at max effort. Each run has a purpose and it's important to respect this. Otherwise, you are not training efficiently, you are increasing your risk of injury and you are preventing yourself from gaining the most out of each workout. For example, slow down when the workout calls for an easy pace, challenge yourself during speed intervals, and take advantage of the super slow recovery intervals.

Stretch & strengthen regularly

Running causes muscles that are active to become strong and less flexible, whereas, the opposing muscles, which are relatively underused, become weaker. We recommend dynamic stretching before your runs and static stretching after (unless you are working with a trainer or PT who recommends otherwise). Maintain flexibility and correct muscle balance between opposing muscle groups by performing strength exercises regularly. See our handouts on Stretching and Strength Exercises for more information.

Warming up and cooling down

Always include a warm up at the beginning of your workout and a cool down at the end. Warming up prepares you for the movements in the workout both mentally and physically. It raises your heart rate, thus your core body temperature. Your cool down should consist of slowing your run to an eventual walk and static stretching. You don't want to just stop running and sit down because your body and mind need to be eased out of an exercise state.

Listen to your body

One of our major goals is to prevent you from becoming injured while preparing for the 10K. Following the program is one way you can help reduce the risk of injury, but ultimately you are responsible for listening carefully to your body. If you don't already, you will learn to distinguish varying levels of discomfort in your body. Be especially mindful of discomfort that chronically affects that way you move and think.

Dealing with pain, soreness and injury

If you feel a sharp pain in a specific, centralized location, you may be feeling the beginnings of an injury. The pain may happen during the workout, a few hours after a workout, or the next morning. Often swelling may occur in the area as well. If this happens, the best thing to do is to rest, even if you feel like you can run through the pain (this usually makes it worse). We recommend the RICE method: Rest, Ice, Compression and Elevation. If pain and swelling persist after 2-3 days, we recommend seeing a doctor.

Ice, ice baby

Some of your training runs are going to put a lot of demand on your body. We recommend icing anywhere that feels sore or weak after long or hard runs. If it's sore, ice it. If it has a tendency to get sore, but isn't at the time, ice it. Proper icing technique is 20 minutes on and 20 minutes off. Never place the ice directly on your skin. Wrapping the ice in a dishtowel works really well.

Hydrate properly

Proper hydration is vital in your success on race day and during training, especially on your long runs. If you are running over an hour, then it's time to think about where your water sources are along your run. If you don't have access to drinking fountains, then consider bringing a small (8-12 oz.) water bottle with you to take sips out of along the way. There are also fuel belts with multiple water bottle holders or bring cash and pick up water along the way. Either way, don't leave home without a hydration plan.

Remembering why

Training can be isolating and requires a lot of your time. Tap into your local and online Team Fox community to stay connected to the cause and your reasons for deciding to accept the challenge in the first place. Also, reward yourself and thank others who are supporting you along the way (not just on race day).