

10 mile run training plan

10 mile run training plan is a structured approach designed to prepare runners for the physical and mental demands of completing a 10-mile race. Whether a beginner aiming to finish their first long-distance run or an experienced athlete seeking to improve endurance and speed, a carefully crafted training schedule is essential. This article explores the key components of effective 10-mile run training plans, including weekly mileage progression, essential workouts, recovery strategies, and nutrition tips. By understanding the principles behind a successful training regimen, runners can reduce injury risk and enhance performance. Additionally, the article covers how to customize plans based on individual fitness levels and goals. The following sections provide a comprehensive guide to building a sustainable and goal-oriented 10 mile run training plan.

- Understanding the Basics of a 10 Mile Run Training Plan
- Weekly Training Structure and Mileage Progression
- Key Workouts for Improving Endurance and Speed
- Recovery and Injury Prevention Strategies
- Nutrition and Hydration for Optimal Performance
- Customizing Your 10 Mile Run Training Plan

Understanding the Basics of a 10 Mile Run Training Plan

A 10 mile run training plan is designed to gradually build endurance, strength, and speed to successfully complete a 10-mile race. The foundation of any effective plan involves a balance between running volume, intensity, and rest. Unlike shorter races such as 5Ks, training for 10 miles requires a focus on aerobic endurance combined with some speed work to improve pace. The plan typically spans 6 to 12 weeks depending on the runner's experience and fitness level. Proper planning helps avoid overtraining and injury by incorporating rest days and cross-training.

Purpose and Goals of Training

The primary goal of a 10 mile run training plan is to increase cardiovascular fitness and muscular endurance, enabling sustained running over a longer distance. Secondary goals may include improving running economy, developing

pacing strategies, and boosting mental resilience. Training plans also aim to progressively increase weekly mileage to improve stamina while allowing sufficient recovery time.

Essential Components

Key elements of a successful training plan include a mix of easy runs, long runs, speed workouts, and rest days. Easy runs build aerobic capacity without excessive fatigue. Long runs simulate race distance and improve endurance. Speed sessions such as intervals and tempo runs enhance pace and running efficiency. Rest and recovery are critical for muscle repair and adaptation.

Weekly Training Structure and Mileage Progression

A well-structured weekly training plan ensures gradual progression in mileage and intensity, minimizing injury risk while maximizing fitness gains. Most plans include 4 to 6 training days per week, with the remaining days reserved for rest or active recovery.

Typical Weekly Schedule

An example weekly schedule might include:

- **Monday:** Rest or cross-training
- **Tuesday:** Speed workout (intervals or tempo)
- **Wednesday:** Easy run
- **Thursday:** Medium-long run at moderate pace
- **Friday:** Rest or active recovery
- **Saturday:** Long run
- **Sunday:** Easy recovery run or cross-training

Mileage Progression

Progressive mileage increase is essential to build endurance safely. A common guideline is the "10% rule," which recommends increasing weekly mileage by no more than 10% to avoid overuse injuries. For beginners, starting with 10-15

miles per week and gradually working up to 30-40 miles is typical. Experienced runners may begin at higher mileage levels depending on prior training history.

Key Workouts for Improving Endurance and Speed

Incorporating varied workouts into a 10 mile run training plan is crucial for balanced development of speed and stamina. These sessions challenge the body in different ways and prevent training plateaus.

Long Runs

Long runs are the cornerstone of endurance training. They typically range from 6 to 10 miles and should be done at a comfortable, conversational pace. Increasing the length of the long run weekly prepares the body for race distance and improves fat utilization as an energy source.

Tempo Runs

Tempo runs involve running at a “comfortably hard” pace, usually around 80-90% of maximum heart rate or a pace just below race effort. These sessions enhance lactate threshold, allowing runners to sustain faster speeds for longer periods.

Interval Training

Intervals consist of repeated bouts of high-intensity running interspersed with recovery periods. Examples include 400-meter or 800-meter repeats at faster-than-race pace. Interval workouts improve V02 max and running economy, contributing to better race performance.

Easy Runs and Recovery

Easy runs are essential for active recovery and building aerobic base without excessive fatigue. These runs should be performed at a relaxed pace and help maintain weekly mileage without overloading the body.

Recovery and Injury Prevention Strategies

Recovery is a critical component of any 10 mile run training plan, enabling the body to repair and adapt to training stresses. Neglecting recovery increases the risk of injury and burnout.

Rest Days

Incorporating rest days allows muscles, tendons, and ligaments to recover. Total rest or low-impact cross-training activities such as swimming or cycling can be beneficial.

Stretching and Mobility

Regular stretching and mobility exercises improve flexibility and reduce muscle tightness. Dynamic stretching before runs and static stretching after workouts help maintain range of motion and prevent injuries.

Strength Training

Complementary strength training focusing on core, hips, and legs enhances running mechanics and resilience. Exercises such as squats, lunges, and planks help prevent common running injuries.

Monitoring Signs of Overtraining

Awareness of symptoms like persistent fatigue, soreness, and decreased performance is vital. Adjusting training intensity or taking additional rest can prevent serious setbacks.

Nutrition and Hydration for Optimal Performance

Proper nutrition supports training adaptations and race-day performance. A balanced diet provides the energy and nutrients necessary for sustained running.

Carbohydrates for Energy

Carbohydrates are the primary fuel source during endurance runs. Consuming adequate carbs before and after workouts replenishes glycogen stores and sustains energy levels.

Protein for Recovery

Protein intake supports muscle repair and recovery. Including lean protein sources in post-run meals aids in rebuilding tissues and maintaining muscle mass.

Hydration Strategies

Staying hydrated before, during, and after runs is crucial. Dehydration impairs performance and increases injury risk. Drinking water and electrolyte-rich fluids helps maintain fluid balance.

Pre-Race and Race Day Nutrition

Consuming a light, carbohydrate-rich meal 2–3 hours before race start optimizes energy availability. During the race, small amounts of easily digestible carbohydrates can sustain performance.

Customizing Your 10 Mile Run Training Plan

Every runner has unique needs based on fitness level, experience, and goals. Customizing a 10 mile run training plan ensures it is both effective and sustainable.

Adjusting for Beginners

New runners should focus on building a consistent running habit with gradual mileage increases and ample recovery. Including walk-run intervals may ease progression.

Modifying for Experienced Runners

Experienced runners can incorporate more intense speed workouts, higher mileage, and race-specific pacing drills to target performance improvements.

Accounting for Time Constraints

Busy schedules may require shorter but more focused workouts. High-intensity interval training (HIIT) sessions can provide benefits in less time without sacrificing quality.

Listening to Your Body

Regularly assessing how the body responds to training allows for timely adjustments. Rest or lighter training weeks can be introduced as needed to prevent overtraining.

Frequently Asked Questions

What is a good weekly mileage for a 10 mile run training plan?

A good weekly mileage for a 10 mile run training plan typically ranges from 15 to 25 miles per week, gradually increasing to build endurance without causing injury.

How long should I train before attempting a 10 mile run?

Most training plans recommend 6 to 8 weeks of consistent training for beginners to safely prepare for a 10 mile run.

What types of workouts should be included in a 10 mile run training plan?

A balanced 10 mile training plan should include easy runs, long runs, tempo runs, interval training, and rest or cross-training days.

How important is cross-training in a 10 mile run training plan?

Cross-training is important as it helps improve overall fitness, prevent injury, and allows recovery by engaging different muscle groups through activities like cycling or swimming.

Should I incorporate speed work into my 10 mile run training?

Yes, incorporating speed work such as intervals or tempo runs helps improve your pace and running efficiency for a 10 mile race.

How should I structure my long runs when training for a 10 mile race?

Long runs should gradually increase in distance each week, peaking around 8 to 10 miles, and be done at a comfortable, conversational pace to build endurance.

What is the role of rest days in a 10 mile run training plan?

Rest days are crucial for recovery, preventing overuse injuries, and allowing

muscles to repair and strengthen, which ultimately improves performance.

Can beginners follow the same 10 mile run training plans as experienced runners?

Beginners should follow modified plans that start with lower mileage and intensity, focusing on gradual progression, while experienced runners can handle more volume and speed work.

How important is nutrition during training for a 10 mile run?

Proper nutrition is vital; it fuels workouts, aids recovery, and supports overall health. Carbohydrates provide energy, protein helps muscle repair, and hydration is essential throughout training.

Additional Resources

1. Training for Your First 10 Mile Run: A Beginner's Guide

This book offers a comprehensive training plan tailored specifically for beginners aiming to complete their first 10-mile race. It covers essential aspects such as gradual mileage buildup, injury prevention, and nutritional advice. Readers will find motivational tips and easy-to-follow workouts designed to build endurance and confidence.

2. 10 Mile Run: Advanced Strategies for Competitive Runners

Designed for experienced runners, this guide delves into advanced training techniques to improve speed and performance over 10 miles. It includes interval training, tempo runs, and strength conditioning tailored to enhance race-day results. The book also explores mental strategies to maintain focus and push through physical limits.

3. The 10 Mile Training Plan: From Couch to Finish Line

Perfect for those transitioning from casual jogging to competitive 10-mile racing, this book outlines a step-by-step training plan. It emphasizes gradual progression, cross-training, and recovery to ensure a healthy buildup. Readers will also learn how to set realistic goals and track their improvement effectively.

4. Nutrition and Hydration for 10 Mile Runners

Focused on fueling your body for optimal performance, this book explains the best dietary practices before, during, and after a 10-mile run. It discusses carbohydrate loading, electrolyte balance, and hydration strategies tailored to long-distance running. The guide also provides sample meal plans and snack ideas to support training.

5. Injury Prevention and Recovery for 10 Mile Training

This book addresses common injuries faced by runners training for a 10-mile

race and provides practical advice on prevention and recovery. It includes stretching routines, strength exercises, and tips on proper footwear. The author emphasizes listening to your body and incorporating rest days to avoid burnout.

6. *Mindset Mastery for 10 Mile Runners*

Focusing on the psychological aspect of training, this book helps runners develop a resilient mindset to tackle the challenges of a 10-mile run. It covers visualization techniques, goal setting, and overcoming mental barriers. The strategies provided aim to boost motivation and enhance overall race experience.

7. *10 Mile Run Training: Balancing Speed and Endurance*

This guide offers a balanced approach to training by combining speed work with endurance runs. It includes detailed weekly schedules that integrate intervals, long runs, and recovery days. Runners will learn how to pace themselves and improve their overall running economy.

8. *Cross-Training Techniques for 10 Mile Runners*

Highlighting the benefits of cross-training, this book introduces alternative workouts such as cycling, swimming, and strength training to complement running. It explains how these activities can improve cardiovascular fitness and reduce injury risk. The book also suggests weekly plans incorporating cross-training into a 10-mile training regimen.

9. *Race Day Preparation for Your 10 Mile Run*

This practical guide prepares runners for the big day with advice on tapering, gear selection, and race-day nutrition. It includes tips on warm-up routines, pacing strategies, and handling unexpected challenges during the race. The book aims to help runners approach their 10-mile race with confidence and readiness.

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10 mile run training plan: Running Past 50 Caolan MacMahon, 2024-10-28 As you move past the age of 50, the physiological demands of running require adjustments in training intensity, recovery, goal setting, and mental outlook. Running Past 50 is your guide to addressing those demands so you can continue to enjoy, compete, and excel in the sport you love. Accomplished runner and coach Caolan MacMahon shares practical advice and her personal stories to guide and inspire you to set realistic yet challenging goals; adapt to the body's changing realities, including the female-specific changes brought on by menopause; identify the building blocks of successful training; establish and maintain an aerobic base; maximize training while minimizing injury; and

incorporate rest and recovery more effectively into workouts or training cycles. Additionally, you will find 10-week training programs for beginner, intermediate, and advanced runners aiming to conquer a 5K or 10K; a half-marathon program for novice and intermediate runners; and 18-week training programs for marathon beginners, intermediate and advanced marathoners, and ultramarathoners. Both inspirational and practical, *Running Past 50* will help you achieve your goals by making the necessary shifts in thinking and training that lead to personal bests, fewer injuries, and a lifetime of running.

10 mile run training plan: Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race Krissy Moehl, 2022-03-08 ***Updated and expanded new edition*** An Updated, Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. With enhanced chapter information, quotes from pillars in the sport and her updated training plans—including write-in running logs to keep track of progress—you'll be able to train for your first ultra like a pro. Moehl's experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear. She also shares her love of the sport by providing helpful tips, bonus content and personal stories. With this book, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

10 mile run training plan: Runner's World Run Less Run Faster Bill Pierce, Scott Murr, 2021-01-19 Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in *Runner's World* magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the 3 plus 2 program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, *Runner's World* executive editor and Boston Marathon winner, calls the FIRST training program the most detailed, well-organized, and scientific training program for runners that I have ever seen.

10 mile run training plan: Running for Women 101 HowExpert, Jenni Jacobsen, 2018-03-06 "Running for Women 101" is a complete handbook for women who run. It provides an overview of the unique aspects of women's running and contains research-backed training advice for races of all distances. This how-to guide will teach women how to reach all of their running goals, and it touches on the following topics: • The History of Women's Involvement in Running • Challenges and Benefits of Running for Women • Training for a 5K by Building Speed and Endurance • Increasing Distance to Run a 10K • Mastering the Half Marathon • Committing to Training for a Full Marathon • Optimizing Performance with Nutrition, Sleep, and Weight Training • Running Amidst Life's Challenges Intermediate-level female runners who have been consistently running at least three days per week will find this book to be useful in their training. It includes specific training advice for 5k, 10k, half marathon, and marathon races and provides concrete examples of workouts that are beneficial for women who are training for races of each distance. The book also contains support from groundbreaking scientific studies that have proven the effectiveness of various training methods, so you can be sure the recommendations in this book are based on sound evidence. About the Expert: Jennifer Jacobsen is a wife and mother living in a small town in Northcentral Ohio, and she also happens to be a runner. She works fulltime for a public school but maintains a strong

interest in running and physical fitness. She competes in local races throughout Ohio, and while she will run just about any distance, she specializes in the half marathon. Jennifer has won dozens of awards for being the top female finisher in local races, and she manages to keep up with her training while also balancing the demands of being a wife, mother, and professional. She has a passion for health and enjoys sharing her knowledge to help other women live up to their potential. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

10 mile run training plan: Runner's World , 2006-09 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

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10 mile run training plan: Relentless Forward Progress Bryon Powell, 2013-10-04 Ready to Run an Ultramarathon? When you consider marathons, do you think, been there, done that? Like so many others, do you believe that humans were born to run? Do you seek a new challenge that tests your mental and physical limits? If you answered yes to any of these questions, then it's time to read Relentless Forward Progress and give ultramarathons a try! Veteran ultramarathoner and coach Bryon Powell shares insider know-ledge about training, racing, fueling, hydration, and much more. In this guide, you'll find: --Daily training plans for races from 50k to 100 miles --A crash course in how to trail run --Advice from some of the world's top ultrarunners --Proven strategies for race day success --Useful approaches for running uphill and downhill --What to look for in ultramarathon gear --Practical wisdom on speed work --Cross training ideas for running fitness and recovery --Tips on running barefoot --Inspiration to go farther than you've ever gone before

10 mile run training plan: Runner's World , 2007-08 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

10 mile run training plan: Breakthrough Women's Running Neely Spence Gracey, Cindy Kuzma, 2022-04-06 Breakthrough Women's Running is written just for you—a woman runner who has big goals and needs a plan to achieve them. In her trademark fun and upbeat style, professional runner and coach Neely Spence Gracey will set you up for success with an inside look at her own story in the sport—paired with the science, experience, strategies, and insights that have worked for her and countless other female runners who set challenging goals and achieved them. Told with engaging storytelling and packed with colorful images and practical recommendations to improve your running, Breakthrough Women's Running offers 5K, 10K, half-marathon, marathon, and run-walk training plans to suit your current distance or pacing goals. With the strength and mobility workouts included in the plans, you don't have to wonder where and how to fit in these important (but often overlooked) components of a successful running training program. Learn how to breathe in rhythm and how to focus with mantras and mindfulness exercises. Get specific guidance on how to best manage unique challenges that women confront such as hormone fluctuations; training through the menstrual cycle, while pregnant, or after childbirth; and training while also raising a family. Know how to train to prevent injury as well as how to return to running should an injury occur. And fuel your training with five simple recipes that are nutrient dense and simple to prepare. You'll hear from well-known, successful women runners such as Sara Hall and Nell Rojas on how even elite runners experience highs and lows in their training as well as how they themselves overcame obstacles to reach their goals. At the ends of chapters, you'll find Breakthrough Goals—a section of small, tangible actions that you can apply in your own training to overcome specific obstacles. If you're looking for a strategic and progressive approach for breaking through your physical or mental barriers to achieve more successful and fulfilling running, you've found it with Breakthrough Women's Running.

10 mile run training plan: Daniels' Running Formula-3rd Edition Jack Daniels, 2013-12-31 Get in the best shape of your running career! Daniels provides a results-proven formula to guide you

through training at the right intensity to run stronger, longer, and faster. Each program incorporates training intensities to help you build endurance, strength, and speed.

10 mile run training plan: *How to Run a Personal Record* Dave Kuehls, 2009-01-06 Training tips for record-breaking distance running from the author of *4 Months to a 4-Hour Marathon*. The only running book targeted specifically to help runners set a personal record, this indispensable guide offers specific training programs for each of the four most popular race distances: 5K, 10K, half-marathon, and marathon. It also includes a common-sense discussion of the training process (a time-tested, three-pronged approach), information on everything runners need to know from day one to crossing the finish line, plus race-day strategies to squeeze out precious minutes and seconds from that finish line clock. *How to Run a Personal Record* features a 32-page training log where the reader can log their progress through the 16-week training phase.

10 mile run training plan: *Chasing the Runner's High* Ray Charbonneau, 2010-10-12 In *Chasing the Runner's High*, Ray Charbonneau tells the story how he pushed his addiction to running up to, and then past, his limits. There are plenty of hard miles, but there's lots of fun along the way too as Ray shares what he learned, what he should have learned, and what he still has to learn from running. Marshall Ulrich, 4-time winner of the Badwater Ultramarathon and author of *Running on Empty*, calls *Chasing the Runner's High* a look at one man's life and obsession with running and addictive behaviors. Humorous at times, but always looking toward the greater good, Ray shares life's ups and downs and provides a hard look into the mind of a runner, offering advice that can only be had with experience and hard fought miles underfoot. Adena Schulzberg, winner of the 2006 Arkansas Marathon, writes, these are brutally honest tales, told with candor and frankness about strength, courage, obsession, desire and hard won understanding of self and sport. It's a great read for runners or for non-runners who want to understand their running friends. www.y42k.com/books/chasingtherunnershigh.html

10 mile run training plan: *Run Faster from the 5K to the Marathon* Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster, unlock your potential, and reach peak performance with this practical guide featuring training advice from a former Olympic trials marathoner and coach to Olympians. "Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go."—Sarah Toland, former NCAA All-American, USA National Cross-Country Team member, and Olympic Trials qualifier for the 5,000 and 10,000 Brad Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. With *Run Faster from the 5K to the Marathon*, Hudson shows all runners how to coach themselves as confidently and effectively as he coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First, you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, this is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

10 mile run training plan: *How to Lose a Marathon* Joel Cohen, 2017-04-04 A marathon runner and writer for *The Simpsons* offers sage advice for those who want to push their limits . . . even if they lag behind everyone else. In *How to Lose a Marathon*, Joel Cohen takes readers on a step-by-step journey from being a couch potato to becoming a couch potato who can finish a marathon. Through a hilarious combination of running tips, narrative, illustrations, and infographics, Cohen breaks down the misery that is forcing yourself to run. From the agony of chafing to the best times to run, explaining the phenomenon known as the "Oprah Line," and exposing the torture that is a premarathon expo, Cohen acts as your satirical guide to every aspect of the runner's experience. Offering both real advice and genuine commiseration with runners of all skill levels, *How to Lose a Marathon* lets you know that even if you believe that the "runner's high" is a complete myth, you can still survive all 26.2 miles of a marathon.

10 mile run training plan: *Runner's World Complete Book of Running* Editors of *Runner's*

World Maga, 2009-12-22 Revised and updated edition of the popular book on everything you need to know about running.

10 mile run training plan: Be a Better Runner Sally Edwards, Carl Foster, Roy Wallack, 2011-04-01 Written by marathoner and Triathlon Hall of Fame inductee, Sally Edwards, *Be A Better Runner* addresses every possible concern from posture and form to nutrition, footwear and race strategy. You'll learn how to adapt running mechanics such as stride and pacing to your body type and fitness level while specific training regimens prepare you for any type of running event including sprints, distance runs, and marathons. Co-authored with Carl Foster, the former President of the American College of Sports Medicine, *Be A Better Runner* Every features the latest research in the science of running. You'll learn the latest strategies to boost your performance, train more effectively, and aid post-workout recovery. The latest research on special concerns such as running after age 40, during pregnancy, overtraining in younger runners and preventing amenorrhoea in female distance runners is also highlighted.

10 mile run training plan: Running a Marathon For Dummies Jason Karp, 2012-11-13 Get ready to run the race of your life Marathons in the U.S. have seen record increases in participation during the past few years. *Running a Marathon For Dummies* helps aspiring marathon runners prepare to successfully complete their first race, and shows experienced runners how to take their game to the next level. *Running a Marathon For Dummies* gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon—and beyond. For seasoned runners, *Running a Marathon For Dummies* offers tips and advice for how to continue improving performance through drills, exercises, and other techniques. Provides a timed training promise for runners of all skill levels, from non-runners, first marathoners, and mid-race runners to more experienced runners Includes information on how running increases heart strength, keeps illnesses away, keeps arteries clear, and improves a person's mood Gives you drills, exercises, and techniques to improve your endurance Whether you're a couch potato or a regularly hit the asphalt, *Running a Marathon For Dummies* gives you everything you need to run the race of your life.

10 mile run training plan: Mens Health Total Fitness Guid 2006 ,

10 mile run training plan: Hansons Marathon Method Humphrey Luke, 2012-11-27 In *Hansons Marathon Method*, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians. *Hansons Marathon Method* offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests. *Hansons Marathon Method* does away with mega-long runs and high-mileage weekends--two outdated traditions that make most runners miserable. Instead, runners using the *Hansons method* will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. Both Beginner and Advanced training programs feature the unique *Hansons 16-mile long run* which, as part of the *Hansons program*, is ideal for preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the *Hansons method* to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The *Hansons approach* to pacing and nutrition means marathoners will never hit the wall. *Hansons Marathon Method* lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

10 mile run training plan: Kara Goucher's Running for Women Kara Goucher, 2011-04-05 GET FIT, GET FAST, AND GO FARTHER WITH OLYMPIC RUNNER KARA GOUCHER'S

COMPREHENSIVE GUIDE TO RUNNING FOR WOMEN KARA GOUCHER is crazy, madly, head-over-heels in love with running, and she wants to help you feel that love, too. Whether you're just getting started or already a seasoned runner, this is the book that will take you to the next level. Kara Goucher's Running for Women contains her expertise, tips, and tricks targeted specifically at female runners to help you become a better, happier, healthier, and more fulfilled runner. She'll teach you how to: • GET STARTED WITH THE RIGHT GEAR • BUILD A SUCCESSFUL SUPPORT TEAM • FIND THE RIGHT TRAINING PROGRAM FOR YOU • OVERCOME PSYCHOLOGICAL SETBACKS • BALANCE RUNNING WITH FAMILY AND WORK • AND MUCH MORE Designed to fit your busy lifestyle, Kara Goucher's Running for Women is packed with quick tips, pearls of running wisdom, and sample training schedules and nutrition plans, as well as sections dedicated to running during and after pregnancy, managing the special challenges of the female athlete's body, and maintaining a balance between sporting and family life. Kara Goucher's Running for Women is the ultimate guide for women who want to train for the gold or simply discover their personal best.

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