

10 mile training plan

10 mile training plan is essential for runners aiming to complete this popular race distance efficiently and safely. Whether training for a personal best or simply aiming to finish comfortably, a structured 10 mile training plan provides the guidance needed to build endurance, speed, and strength over several weeks. This article explores the key components of an effective training plan, including weekly mileage progression, types of workouts, and recovery strategies. Additionally, it covers how to tailor the plan based on individual fitness levels and goals. Understanding these elements ensures runners can prepare systematically while minimizing the risk of injury. The following sections will outline a comprehensive approach to training for a 10 mile race.

- Understanding the 10 Mile Race
- Designing a 10 Mile Training Plan
- Key Workouts for 10 Mile Training
- Weekly Training Schedule Example
- Nutrition and Hydration Strategies
- Injury Prevention and Recovery

Understanding the 10 Mile Race

The 10 mile race is a challenging distance that requires a combination of endurance and speed. Unlike shorter races such as 5Ks or 10Ks, it demands sustained aerobic effort with a pace that balances speed and stamina. Many runners use the 10 mile race as a stepping stone toward half marathons and longer distances. Understanding the physical demands and race day conditions is crucial in preparing an effective training plan.

Physical Demands of a 10 Mile Race

Running 10 miles requires efficient cardiovascular function, muscular endurance, and mental resilience. The body must sustain a moderate to high-intensity effort for approximately 70 to 100 minutes depending on the runner's pace. Proper training focuses on improving aerobic capacity, lactate threshold, and running economy to maintain a strong pace throughout the race.

Common Challenges During the Race

Runners often face challenges such as pacing errors, fatigue, and hydration issues during a 10 mile race. Without proper preparation, the risk of hitting "the wall" or experiencing muscle cramps increases. Training plans address these issues by incorporating race pace runs, long runs, and

recovery days to simulate race conditions and build confidence.

Designing a 10 Mile Training Plan

An effective 10 mile training plan should be structured to progressively increase mileage and intensity while allowing adequate recovery. The plan is typically designed for 8 to 12 weeks, depending on the runner's experience and fitness level. Key considerations include weekly mileage, workout variety, and rest days to optimize performance and reduce injury risk.

Setting Realistic Goals

Before beginning a training plan, setting realistic and measurable goals is essential. Goals may include finishing the race, achieving a specific time, or improving overall fitness. Goal setting guides the structure of the training plan and helps in selecting appropriate workouts and intensity levels.

Weekly Mileage Progression

Gradually increasing weekly mileage is fundamental to building endurance without overtraining. A typical progression involves increasing total mileage by no more than 10% per week. The plan should include a balance of easy runs, long runs, and speed workouts to develop aerobic capacity and muscular strength.

Key Workouts for 10 Mile Training

Incorporating a variety of workouts enhances different physiological systems necessary for 10 mile race success. These workouts include long runs, tempo runs, interval training, and easy recovery runs. Each type targets specific fitness components that contribute to overall race readiness.

Long Runs

Long runs are the cornerstone of endurance training. They help improve aerobic capacity, mental toughness, and muscular endurance. Typically scheduled once a week, long runs gradually increase in distance, peaking at or slightly beyond the race distance to build confidence and stamina.

Tempo Runs

Tempo runs involve sustained efforts at a comfortably hard pace, slightly slower than race pace. These runs improve lactate threshold, allowing runners to maintain faster paces for longer periods. Tempo workouts usually last 20 to 40 minutes and are critical for 10 mile race preparation.

Interval Training

Interval workouts consist of repeated high-intensity efforts followed by recovery periods. These sessions boost speed, running economy, and VO2 max. Examples include 400m or 800m repeats at faster than race pace. Intervals are effective for sharpening speed and race pace control.

Easy and Recovery Runs

Easy runs and recovery days are vital for allowing the body to repair and adapt to training stresses. These runs are performed at a comfortable pace and help maintain weekly mileage without adding fatigue. Rest and active recovery reduce injury risk and improve overall performance.

Weekly Training Schedule Example

A well-rounded weekly training schedule balances intensity, volume, and recovery. Below is an example of an 8-week 10 mile training plan suitable for intermediate runners aiming to complete the race with confidence.

1. **Monday:** Rest or cross-training (e.g., cycling, swimming)
2. **Tuesday:** Interval training (e.g., 6x800m repeats at 5K pace)
3. **Wednesday:** Easy run (3 to 5 miles at a comfortable pace)
4. **Thursday:** Tempo run (3 to 5 miles at tempo pace)
5. **Friday:** Rest or easy recovery run (2 to 3 miles)
6. **Saturday:** Long run (starting at 6 miles, increasing to 10-11 miles)
7. **Sunday:** Easy run or cross-training

This schedule allows for progressive overload while incorporating sufficient rest days to avoid burnout. Adjustments may be necessary based on individual fitness levels and response to training.

Nutrition and Hydration Strategies

Proper nutrition and hydration are critical components of successful 10 mile training and race performance. Fueling the body with the right nutrients supports energy production, recovery, and overall health throughout the training cycle.

Pre-Run Nutrition

Consuming a balanced meal rich in carbohydrates, moderate in protein, and low in fat 1-3 hours before a run ensures adequate energy availability. Hydration should also be prioritized before workouts and races to maintain optimal fluid balance.

During Training and Racing

For runs exceeding 60 minutes, especially long runs and race day, consuming carbohydrates through sports drinks, gels, or snacks helps maintain blood glucose levels and delay fatigue. Hydration strategies should be tailored to individual sweat rates and environmental conditions.

Post-Run Recovery

Post-run meals should focus on replenishing glycogen stores and repairing muscle tissue. A combination of carbohydrates and protein consumed within 30 to 60 minutes after training aids in effective recovery and prepares the body for subsequent workouts.

Injury Prevention and Recovery

Preventing injuries during a 10 mile training plan is vital to maintaining consistency and achieving race goals. Incorporating proper warm-ups, cool-downs, strength training, and flexibility exercises reduces the risk of common running injuries.

Warm-Up and Cool-Down

Dynamic warm-ups before workouts prepare muscles and joints for activity, enhancing performance and reducing injury risk. Cool-downs with gentle jogging and stretching promote circulation and flexibility, aiding recovery.

Strength and Flexibility Training

Incorporating strength training focusing on core, hips, and lower body improves running mechanics and resilience. Flexibility exercises, including stretching and foam rolling, help maintain muscle elasticity and prevent tightness.

Recognizing and Managing Injuries

Early recognition of pain or discomfort allows for prompt intervention. Rest, ice, compression, and elevation (RICE) are standard initial treatments. Consulting healthcare professionals for persistent issues ensures proper diagnosis and rehabilitation.

Frequently Asked Questions

What is a 10 mile training plan?

A 10 mile training plan is a structured workout schedule designed to help runners prepare for a 10 mile race, typically including a mix of long runs, speed work, and recovery days over several weeks.

How long should a 10 mile training plan last?

Most 10 mile training plans last between 6 to 10 weeks, allowing adequate time for building endurance, speed, and recovery before race day.

What are the key components of a 10 mile training plan?

Key components include long runs to build endurance, tempo runs to improve pace, interval training for speed, rest days for recovery, and cross-training to prevent injury.

How many days per week should I train for a 10 mile race?

Typically, training plans recommend running 4 to 5 days per week, balanced with rest or cross-training days to optimize performance and reduce injury risk.

Can beginners follow a 10 mile training plan?

Yes, beginners can follow a 10 mile training plan, but should start with lower mileage and gradually increase intensity, ensuring proper rest and listening to their body.

What nutrition tips are important during a 10 mile training plan?

During training, focus on a balanced diet rich in carbohydrates for energy, proteins for muscle repair, stay hydrated, and consider timing meals to fuel runs and aid recovery.

Additional Resources

1. *Mastering the 10 Mile: A Comprehensive Training Guide*

This book offers a step-by-step training plan designed specifically for runners aiming to conquer the 10-mile distance. It covers everything from building endurance to improving speed, with tailored workouts for beginners and advanced athletes alike. Readers will also find tips on nutrition, injury prevention, and mental strategies to stay motivated throughout their training journey.

2. *10 Mile Training Made Simple: Strategies for Success*

Ideal for runners of all levels, this guide breaks down the 10-mile training process into manageable phases. The author emphasizes a balanced approach combining running, cross-training, and rest days. The book includes sample weekly schedules and advice on pacing to help runners achieve their personal best.

3. From Couch to 10 Miles: A Beginner's Roadmap

Perfect for those new to running, this book provides a gentle yet effective plan to go from sedentary to completing a 10-mile race. It focuses on gradual progression to minimize injury risks and build confidence. Motivational stories and practical tips make it easy for readers to stay committed and enjoy the journey.

4. Speed and Endurance: Advanced 10 Mile Training Techniques

Targeting experienced runners, this book delves into advanced training methods to boost both speed and stamina for the 10-mile distance. It covers interval training, tempo runs, hill workouts, and strength conditioning. The author also discusses race tactics and recovery protocols to optimize performance.

5. Nutrition and Hydration for 10 Mile Runners

This specialized guide focuses on fueling strategies tailored for 10-mile training and race day. It explains the importance of carbohydrates, proteins, and electrolytes to sustain energy levels and enhance recovery. Readers will find meal plans, hydration tips, and advice on supplements to support their training goals.

6. Mind Over Miles: Mental Training for 10 Mile Success

Highlighting the psychological aspects of running, this book offers techniques to build mental toughness for the 10-mile race. Visualization, goal-setting, and coping strategies for race-day anxiety are explored in depth. It's an excellent companion for runners looking to strengthen their mindset alongside their physical training.

7. 10 Mile Workout Plans for Busy Runners

Designed for individuals with tight schedules, this book provides efficient and effective workouts that maximize training benefits in minimal time. It includes flexible plans that accommodate varying fitness levels and time constraints. The author emphasizes quality over quantity, ensuring runners can prepare well despite a busy lifestyle.

8. Injury Prevention and Recovery in 10 Mile Training

This book addresses common injuries faced by 10-mile runners and offers practical advice on prevention and rehabilitation. It includes stretching routines, strength exercises, and guidance on when to rest or seek professional help. Readers will learn how to maintain consistent training while minimizing setbacks.

9. Race Day Preparation: Your 10 Mile Checklist

Focusing on the crucial final days before race day, this guide helps runners prepare mentally and physically for their 10-mile event. It covers tapering strategies, gear selection, warm-up routines, and pacing tips for optimal performance. The book also offers advice on managing nerves and enjoying the race experience.

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10 mile 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 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 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 training plan: Runner's World Run Less Run Faster Bill Pierce, Scott Murr, 2021-01-19 The groundbreaking plan that helps runners of all levels to improve their race times while actually training less—now fully revised and updated for today's runners In today's busy, fast-paced world, all runners have the same objective: to run the best they can with the limited amount of time at their disposal. Bill Pierce and Scott Murr made that goal possible with their revolutionary FIRST (Furman Institute of Running and Scientific Training) training program. 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 of the detailed training plans for 5k, 10k, half-marathon, and marathon is the 3PLUS2 program, which consists of: • 3 quality runs, including track repeats, the tempo run, and the long run, which are designed 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 tips for goal-setting, recovery, injury rehab and prevention, strength training, and nutrition, Run Less, Run Faster has changed the way runners think about and train for competitive races. This revised third edition includes a new preface, training plans tailored to the new qualifying times for the Boston Marathon, new exercise photos, charts that will help runners adjust training practices to their elevation and climate, and updated nutritional recommendations.

10 mile 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 training plan: Cross-Country Running & Racing Jeff Galloway, 2010-10-07 Annotation This book presents all the training necessary to train for cross-country races. Galloway's successful training program explains how to build endurance, train and race on hills, varied terrain running, speed training, race strategies, maximizing performance, and reducing the risk of injury.

10 mile 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 training plan: Marathon, All-New 4th Edition Hal Higdon, 2011-09-27 Especially in tough economic times, running offers an affordable and positive way to relieve stress and gain a sense of accomplishment. Marathons and—more than ever—half-marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years. New hunger for reliable information on marathon and half-marathon training, as well as new technologies that have revolutionized ordinary people's ability to train intelligently, means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon, whether it's a reader's first or fiftieth. At the core of the book is Higdon's clear and essential information on training, injury prevention, and nutrition. With more than 25 percent new material, this fourth edition of a running classic is a

must-own for both longtime runners and those new to the sport.

10 mile 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 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.

10 mile 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 ned to know about running.

10 mile training plan: *Runner's World Race Everything* Bart Yasso, Erin Strout, Editors of Runner's World Maga, 2017-10-10 How to be prepared no matter where running might take you Millions of runners around the US are interested in special experiences, whether it means running a bucket-list event like the Boston Marathon, or competing in beautiful and challenging locales such as Rome or Death Valley. Whatever race you choose, there is no one better to guide you on your journey than Bart Yasso, chief running officer at Runner's World magazine. Over the past 40 years, Yasso has run more than 1,000 races, across all seven continents, at every conceivable distance, from local 5Ks to grueling ultramarathons and Ironman triathlons. He's truly done it all, and in *Race Everything*, he shares the secrets of how he trained, the particularities of each course, and the specific insights he has gleaned to help you run your best no matter the distance. This book offers tried-and-true advice on how to train and what to do on race day to make the best use of your training. It provides everything you need to know to succeed at the most popular race distances, including general training principles, targeted training plans for beginners and experienced runners alike, and insider tips based on Yasso's own experiences and those of other top runners he has known and run with. The goal is to inform and inspire runners eager to challenge themselves by tackling the world's signature races. You will also learn Yasso's methods for winning the greatest race of all, longevity, so that you can remain healthy, fit, and able to race for decades to come. Whether your goal is to complete a 5K or 10K race in your hometown or conquer the Antarctica Marathon, *Runner's World Race Everything* will be your guide.

10 mile training plan: *Boston Bound* David Venable, 2011-04

10 mile training plan: *Breakthrough Women's Running* Neely Spence Gracey, Cindy Kuzma,

2022-04-06 Breakthrough Women's Running propels female runners past their challenges to become the best runners they can be. It includes training plans, exercises, and stretches to build strength and stamina, and it offers guidance on training through the menstrual cycle, while pregnant, and after childbirth.

10 mile training plan: Runner's World , 2006-01 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 training plan: Hansons Marathon Method Luke Humphrey, 2016-01-01 Run your first marathon or your fastest with Hansons Marathon Method, the revolutionary training program from one of the best running teams in the world, the Hansons-Brooks Distance Project. In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal their innovative marathon training program that has helped thousands of runners become true marathoners and smash their personal bests. Hansons Marathon Method tosses out mega-long runs and high-mileage weekends--two old-fashioned running traditions that often injure and discourage runners. 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 final miles of the marathon--and finish strong. In this new second edition, the Hansons program welcomes newer runners with a new Just Finish program featuring a simple schedule of easier running and lower mileage. The Just Finish program sets up first-time marathoners for an enjoyable marathon and a lifetime of strong, healthy running. Hansons Marathon Method will prepare you for your best marathon: Sensible weekly mileage based on science, not outdated traditions Effective Hansons speed, strength, and tempo workouts paced to achieve your goal Crucial nutrition and hydration guidelines to run strong for the whole race A smart and simple Just Finish program for new runners and marathon first-timers Detailed training schedules for experienced and advanced marathoners This revised second edition answers frequently asked questions, shows how to integrate flexibility and strength work into your training week, and shares the most effective recovery methods. Using the Hansons' innovative approach, you will mold real marathon muscles, train your body to avoid the wall, and finish strong. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the world. Using their innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon. You might expect a training program devised by the Hanson brothers to be a little different than the usual rehashing of principles and schedules. Given the success of athletes from the Hansons-Brooks Distance Project, you wouldn't be surprised if it was effective, too. -- Runner's World

10 mile training plan: Runner's World Run Less, Run Faster, Revised Edition Bill Pierce, Scott Murr, Ray Moss, 2012-04-10 Advises on how to run faster by running less, providing a variety of training programs tailored to qualifying times for the Boston Marathon and an overview of the 3PLUS2 program aimed at improving endurance.

10 mile training plan: Runner's World , 2006-02 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 training plan: The Essentials of Obstacle Race Training David Magida, Melissa Rodriguez, 2016-09-21 Scaling walls, crawling through mud, climbing ropes, and sprinting across rugged terrain. Obstacle course racing is one of the fastest-growing sports in the United States, and it's gaining popularity around the world. The sport is grueling, demanding, and intensely satisfying if you prepare, train, and know what to expect. Only The Essentials of Obstacle Race Training can ensure you will be ready. Authored by David Magida, founder of Elevate Interval Fitness and member of the Spartan Race pro team, and Melissa Rodriguez, former contributing editor for Mud & Obstacle magazine, this in-depth guide breaks down the events, obstacles, common difficulties, and strategies for negotiating all challenges. Most important, it presents the tools and the plan to

prepare—physically and mentally—for the unforgettable adventure that awaits. Inside you'll find 100 of the most effective exercises for grip strength, mobility, balance, power, strength, and endurance as well as 28 workouts you can immediately start to use. You'll also find advice on conquering course challenges, preventing injuries, and selecting events and mental strategies for focusing, concentrating, and overcoming fear. Through experience and expertise, Magida and Rodriguez have created the most complete, accessible, and effective guide to the sport. Whether you're competing for your first or your hundredth event, preparation and confidence are key. With *The Essentials of Obstacle Race Training*, you'll conquer every challenge.

10 mile training plan: Dr. Jordan Metzl's Running Strong Jordan Metzl, Claire Kowalchik, 2015-03-31 Whether you're a new runner training for your first race or an experienced marathoner with thousands of miles under your soles, this cutting-edge book will keep you on the road (or trail) and running stronger than ever. "If you want to achieve your distance-running goals, this book is for you."—Meb Keflezighi, champion marathoner and author of *Meb for Mortals* Along with comprehensive, illustrated information on running health and injury prevention, Dr. Jordan Metzl's *Running Strong* also includes exclusive videos addressing issues such as shin splints, plantar fasciitis, stress fractures, runner's knee, and more. Not only will runners be able to read about how they can treat and prevent dozens of medical issues (from bonking to cramping to chafing), they'll be able to walk into a top-level video consultation 24 hours per day, 7 days per week. Inside you'll find:

- A basic overview of healthy running, with emphasis on developing a strong kinetic chain
- The science behind improving your running form and performance
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- Useful information on proper nutrition and hydration
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