



## Gobbler Grind 10K

Level I

**Goal:** To finish the Gobbler Grind 10K

**Recommended Background:** Beginner or weekly mileage of 3-10 miles and a 1-3 mile long run

Phase	Dates	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Mileage
<b>Endurance</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL</b>	<b>C/O</b>	<b>R</b>	<b>C/O</b>	<b>L</b>	-----
	September 15-21		1	1-2		1-2		1-2	3-7
	September 22-28		1	1-2		1-2		1-3	3-8
	Sept. 29-Oct. 5		1-2	1-3		1-2		2-3	4-10
Recovery	October 6-12		C/O	1-2		1-2		2	4-6
	October 13-19		1-2	2-3		1-3		3-4	6-12
	October 20-26		1-2	2-3		2-3		3-4	7-12
Recovery	Oct. 27-Nov. 2		C/O	2		2R		2-3	6-7
	November 3-9		2-3	3-4		2-3		4-5	9-15
<b>Peak</b>	-----	<b>O</b>	<b>R/O</b>	<b>R</b>	<b>C/O</b>	<b>R</b>	<b>O</b>	<b>SL</b>	-----
	November 10-16		2-3	3-4		2-3H		4-5	9-15
	November 17-23		1-2	3-4		2-3R		0-2	5-11
	November 24	GG 10K							

**\*Please note:**

- You can add 10-30 minutes of a warm up walk to any run under 3 miles.
- Try to mix walking breaks into the run – going the distance is your main objective. A good strategy is to start with alternating 1-2 minutes of running with 30-60 seconds of walking and gradually build up to 5-10 minutes of running with the walk breaks.
- You can run 3 or 4 days a week. Pick up where you’ve left off in terms of weekly runs and mileage.
- Mileage ranges allow you to do the higher end if you feel great and the low end if you feel tired so you can adjust to find your sweet spot given how your mind and body feel.
- Can convert your distance to time by multiplying your normal pace by each mile (i.e. 4 x 10 minute pace = 40 minutes)
- Do a couple of tune up races before the half marathon to gain valuable race experience.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

Quick Reference Guide

**Training Phases**

- Endurance Phase: main goal is to slowly build up endurance. Focus on relaxed running to ‘hang out there longer’.
- Peak Phase: to allow your body to recover and peak for the target race.

**Key Terms**

- O = Off Day/Complete Rest/ No cross training.** Active recovery such as foam rolling recommended.
- C = Cross training.** Strength training that works the glutes/hips/core is strongly recommended 1-3 times a week. Can also do non-weight bearing aerobic activities that you enjoy such as aqua jogging, swimming, or spinning.
- R = Recovery Run.** Very relaxed effort over flat to rolling terrain for a short duration. Have fun while freshening up!
- SL = Semi-long Run.** After a 1-2 mile warm up (very relaxed effort), ease into a relaxed to moderate effort.
- L = Long Run.** After a 2 mile warm up (very relaxed effort), ease into a relaxed to moderate effort.
- + = And Optional.** C+R means to cross train with the option of also doing a recovery workout.
- / = Or.** C/O means to either cross train or take the day off.