



## Gobbler Grind 10K Level II Schedule

**Goal:** To finish the Gobbler Grind 10K within a certain time.

**Recommended Background:** Average weekly base of 10-25 miles in the last 3 weeks  
At least one 3-5 mile run

Phase	Dates	Sunday	Monday	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
<b>Speed</b>	-----	<b>R/C/O</b>	<b>C+R</b>	<b>G/S</b>	<b>C+R</b>	<b>HR/SL</b>	<b>C/O</b>	<b>L</b>	-----
	September 15-21	2-3	2-4	3-5R	2-3	3-5SL	O	4-6	10-26
	September 22-28	2-3	2-4	4-5G(2/3-1-1)	2-3	3-5HR (4-6)		4-6	11-26
	Sept. 29-Oct. 5	2-3	3-4	4-5S 3-5X800	2-3	4-6SL		6-8	14-29
Recovery	October 6-12	C/O	2-3	3-4R+F(2-4)	2-3	3-4R		4-6	10-20
	October 13-19	3-4	3-5	5-6G(2/3-2-1)	3-4	4-6HR (6-8)		6-8	15-33
	October 20-26	3-4	3-5	5-6S 4-6X800	3-4	5-7SL		8-10	18-36
Recovery	Oct. 27-Nov. 2	2-3	2-4	3-5R+F(3-6)	2-3	3-5R	O	6-8	12-28
	November 3-9	3-4	3-5	6-7G(2/3-3-1)	3-5	5-7HR (8-10)		8-12	19-40
<b>Peak</b>	-----	<b>R/O</b>	<b>C+R</b>	<b>G</b>	<b>R/C/O</b>	<b>SL/G</b>	<b>O</b>	<b>L</b>	-----
	November 10-16	2-3	3-4	5-6G(2/3-2-1)	3-4	4-6SL		6-8	15-31
	November 17-23	2	2-3	4-5G 4x800	2-3	3-4G 4X400		0-2	7-19
	November 24	GG 10K							

**Please note:**

- Can run 3 to 6 days a week. Tuesdays/Thursdays/Saturdays are the most important workouts to do. Pick up where you've left off with the number of weekly runs and mileage and gradually build from there.
- Ranges allow finding the sweet spot given how your body and mind feel – do more if you feel good/less if you don't
- Do a couple of tune up races to gain valuable race experience while they'll provide the best overall speed workout. Base your speed workout pace on your 5K race pace or do a 2 mile time trial to determine this.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

### 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 2-3 times a week. Can also do non-weight bearing aerobic activities you enjoy such as aqua jogging, swimming, or spinning.
- R = Recovery Run.** Very relaxed effort over flat to rolling terrain or off the pavement for short duration. Stop a few times to stretch and muscle floss to loosen up tight spots. Have fun while freshening up!
- L = Long Run.** After a 2 mile warm up, ease into a relaxed to moderate effort (1-2 minutes per mile slower goal pace)
- F = Fartlek.** 3-4R+F (2-4) means to warm up 2 miles. If you feel good, perform 2-4 pickups where you run at sub 5K race effort for 1 minute followed by a 1-2 minute recovery jog after each and cool down for a total of 3-4 miles.
- HR = Hill Repeats.** 3-5HR (4-6) means to warm up a few miles and then perform 4-6 minutes of pickups on a hill where you run at 5K-10K effort for 1-2 minutes followed by a recovery jog/walk back down. ½ mile cool down.
- G = Goal Pace Workout.** 4-5G (2/3-1-1) means to warm up for 2-3 miles, 1 mile at 10K goal pace, 1 mile cool down
- S = Speed Workout.** 4-5: 3-5X800 means a track workout of three to four 800 meter repeats 20-40 seconds per mile faster than 10K pace (or from 5K pace up to 20 seconds per mile faster than 5K pace) with a 1 lap recovery jog after each. With a 2 mile warm up and a ½ mile cool down, total mileage is 4-5 miles.
- + = And Optional.** C+R means to cross train with the option of adding a recovery run
- / = Or.** C/O means to either cross train or take the day off