



TRAINING PLAN AND RACE GUIDE

EQT Pittsburgh 10 Miler
NOVEMBER 2020

4RUN2
varsity

**WE'RE WITH
YOU ALL
THE WAY.**





The EQT Pittsburgh 10 Miler is a one-of-a-kind Pittsburgh themed race. Each mile of the traditional course celebrates one of the unique features that make Pittsburgh so special. The virtual event will kick off soon and we have the perfect training plan for you!

YOUR VIRTUAL COURSE

- The EQT Pittsburgh 10 Miler is a virtual race, which provides you with a lot of freedom to choose where and when you would like to run.
- Plan your route or race day course.
- If you can, run where you trained or a location you are familiar with.
- Run your race whenever you would like. We recommend running in the morning so you beat the heat.
- You will have the entire month of November to upload your time in Race Roster.

RACE DAY TIPS

- Check the weather. Make sure you are prepared for what the weather could bring.
- Run in what you trained in. Running 10 miles in brand new shoes can lead to blisters. Make sure to run in equipment (and apparel) that has some sweat equity in it.
- Stay hydrated. There will not be water stops out on your run. Make sure to bring water with you.
- If you plan on packing nutrition for your run, make sure you've tried them before.
- Make sure to dress for visibility and stay safe with traffic.

QUESTIONS?

Contact us! Send an email to 4run2varsity@p3r.org or give us a call 412.939.7519

**Those using this training plan voluntarily assume the risk of any injuries and damages that may occur in the process of training and agree that P3R is not responsible for any injuries or damages associated with training for or participating in the EQT Pittsburgh 10 Miler.*

4RUN2 VARSITY

10 MILE TRAINING PLAN

Before beginning any new training or exercise regime, it is recommended that you speak with your primary care physician.

WEEK 1

- Day 1: Speed**
Run 15 minutes followed by 6X200 m.
1 minute rest between each 200 meter effort.
- Day 2: Capacity**
30 minute run with last 10 minutes at target 10-Mile pace
- Day 3: Endurance**
35 minute steady run
- Day 4: Active Recovery**
Run 3-4 Miles at an easy pace

WEEK 4

- Day 1: Speed**
10X400 meters at 5K pace
(rest 2:00 between each set)
- Day 2: Capacity**
Run 20 minutes at 10k pace
- Day 3: Endurance**
45 minute steady run
- Day 4: Active Recovery**
Run 3-4 Miles at an easy pace

WEEK 7

- Day 1: Speed**
10 minute run followed by 10X 200 meters with a 200 meter walk following each effort
- Day 2: Capacity**
20 minute steady run
- Day 3: Endurance**
30 minute easy run
- Day 4: Active Recovery**
Run 3-4 Miles at an easy pace

WEEK 10

- Day 1: Speed**
1 minute at race pace, 1 minute walk X12

WEEK 2

- Day 1: Speed**
12X 30-45 second hill runs (walk down the hill and begin next rep once you reach the bottom)
- Day 2: Capacity**
12 minute "out" run. Rest 4 minutes.
Run back to starting point at a faster pace.
- Day 3: Endurance**
35 minute steady run
- Day 4: Active Recovery**
Run 3-4 Miles at an easy pace

WEEK 5

- Day 1: Speed**
Complete the following sequence 5 times:
Run 400 meters @ 5K pace, rest 2 minutes,
run 200 meters @ 3K pace, rest 2 minutes
- Day 2: Capacity**
4X1600 meters- first 800 meters at half marathon pace, second 800 meters at goal race pace-
rest 5 minutes after each set.
- Day 3: Endurance**
45 minute steady run
- Day 4: Active Recovery**
Run 3-4 Miles at an easy pace

WEEK 8

- Day 1: Speed**
6X800 meters at 5K pace.
Rest 4 minutes after each set
- Day 2: Capacity**
35 minute tempo run at goal pace
- Day 3: Endurance**
50 minute steady run
- Day 4: Active Recovery**
Run 3-4 Miles at an easy pace

WEEK 3

- Day 1: Speed**
3 sets of: 3X300 meters at 5K pace followed by 100 meter jog.
Rest 3 minutes after each set.
- Day 2: Capacity**
30 minute run at your chosen pace.
Within 30 minutes, mix in 10 reps of 1 minute pace pick ups- returning back to your original pace after each.
- Day 3: Endurance**
40 minute steady run
- Day 4: Active Recovery**
Run 3-4 Miles at an easy pace

WEEK 6

- Day 1: Speed**
1 minute at fast pace,
1 minute at slower pace X10
- Day 2: Capacity**
Run 10km at tempo
- Day 3: Endurance**
50 minute steady run
- Day 4: Active Recovery**
Run 3-4 Miles at an easy pace

WEEK 9

- Day 1: Speed**
10x1 minute of hill runs.
Walk down the hill after each effort and begin next rep once you reach the bottom of the hill.
- Day 2: Capacity**
Run 5 miles with any 2 miles of your choice at tempo
- Day 3: Endurance**
1 hour steady run
- Day 4: Active Recovery**
Run 3-4 Miles at an easy pace

Day 2: Capacity

REST

Day 3: Endurance

30 minute easy pace

Day 4: Active Recovery

Rest or run 3-4 Miles at an easy pace



4RUN2 VARSITY MILEAGE LOG

MAKE A PLAN TO MOVE EVERY DAY.

To get ready for race day, walk and/or run three to four days a week. Use the mileage log below to record the time/distance you spent running, walking, or being active in some other way.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

Be sure to turn in your completed log to your coach on race day for your 4RUN2 Varsity finisher prize!
Show off your log! Tag us on social media, and follow us for training tips & race updates.

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