



THE 10K PURSUIT

WEEK ONE *Example Programming*

Monday

Group Workout

Mobility + Strength Training

4-5 Working Sets
Deadlift: 5 Reps
Bulgarian Split Squat: 8-10 Reps

3-Pt Bent Over Row: 8-10 Reps
Torpedo Glute Bridge: 10-12 Reps
Partner Leg Throwdowns 21-15-9

Tuesday

Rest Day

An active recovery workout of some sort - a long bike ride, taking the dog for a walk. There's a good amount of volume in the first week, and we want to ensure the body is as ready as possible for the coming weeks.

Wednesday

Group Run

Speed Workout (3 miles)

1 mile warm up
5-7 Fartlek intervals over 1 mile
1 mile Cool down

Thursday

Solo Run

2 miles at Easy Pace

The programming includes some vague terminology, such as "easy pace" or "comfortably hard". We've intentionally taken this approach as we know there will be a spectrum of runners in the group and want to make sure that you're listening to your body, first and foremost, about how fast you can go and how much rest or recovery you need.

Friday

Alchemy Cardio Class

Saturday & Sunday

Solo Runs

4 miles at Easy Pace on Saturday
2 miles at Easy Pace on Sunday