

Praise for Chi Running

“I recommend Chi Running to every runner I know, even the healthy ones. ”

– *Jim D.*

“My professional running career was hampered with injury, forcing me to withdraw from the Sydney Olympics in 2000. Then I discovered Chi Running and it changed my life. Though I am no longer a professional runner, I run between 8-12 miles every day, and get much more satisfaction from running now than I ever did from competing.”

– *Catherina McKiernan, World Cross Country Championship medalist, winner of Berlin, London and Amsterdam Marathons*

“This method has given me running longevity, made it easier and painless, and has given me the confidence that I can run forever.”

– *Mark Cucuzzella, M.D., sub-2:40 marathoner*

“In July of 2009, I discovered the Chi Running book. It made so much sense. I didn't have to stop running, because all of the problems I had been plagued with could be avoided. I've been working on mastering the Chi Running technique ever since reading the book and I can now run further and faster and, most importantly, without any discomfort.”

– *Darren L.*

“I ran a 10K this morning, kept my heart rate down in a training rather than racing zone, and took almost 10 minutes off my normal time with a lot of energy left at the end. I felt great after also, with none of the usual soreness!”

– *Ted S.*

“Long runs and 10Ks always left me beat up and exhausted. I listened to what Danny said about effortless running and applied it in a 15K this Sat. I could not believe it was working for me, but I finished the run with such a high it was emotional. I laughed until I cried, this was my biggest accomplishment.”

– *Carlos. D*



ChiRunning
INJURY-FREE
10K
Training Program
-INTERMEDIATE-
an 8-week program

From the bestselling authors of *ChiRunning*:

A technique-based program to help you successfully train for a 10K

Danny Dreyer and Katherine Dreyer

Also by Katherine and Danny Dreyer:

Chi Running Pain-Free 5K Training Program – Beginner & Intermediate

Chi Running Pain-Free 10K Training Program – Beginner

Chi Running Pain-Free Half Marathon Training Program – Beginner & Intermediate

Chi Running Pain-Free Marathon Training Program – Beginner & Intermediate

Chi Walking: Fitness Walking for Lifelong Health and Energy

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Please use caution and be sure to consult with a health care practitioner before starting any physical fitness program. If you have any current mitigating health related factors that you should consider as you begin a regular exercise program, make an appointment to see your health care practitioner to get a thorough physical exam and address any health concerns you may have.

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www.ChiRunning.com
www.ChiWalking.com
www.ChiLiving.com



This program is for you if any of the following apply:

- You have run several 10K events
- You have a basic working knowledge of Chi Running. We suggest any of the following to learn Chi Running:
 - Watch and follow the Chi Running DVD
 - Read and follow the 10-weeks-to-learn-Chi Running in Chapter 5 of the book (2009 Edition)
 - Complete the Beginner 10K Chi Running Program
 - Attend a Chi Running workshop with a Certified Instructor
- You can currently run a 10K comfortably, and without stopping*
- You are an intermediate runner wishing to increase speed and distance
- You are willing to train 4 days per week
- You are interested in training for a more challenging 10K event
- You wish to increase your knowledge and mastery of Chi Running

**If you are not yet able to run a 10K distance, we highly recommend beginning with our 10-week 10K Beginner Training Program, then using this program to complete the 10K distance with improved performance.*

Visit our website for additional Chi Walking and Chi Running Training Programs, including:

- 8 weeks to a 5K ChiWalking Workbook
- 6-week 5K Intermediate Training Program
- 8-week 5K Beginner Training Program
- 10-week 10K Beginner Training Program
- 12-week Intermediate Half Marathon Training Program
- 16-week Beginner Half Marathon Training Program
- 20-week Intermediate Marathon Training Program
- 24-week Beginner Marathon Training Program

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Chi Running Injury-Free 10K Training Program: Intermediate

Congratulations on making a positive choice to improve and enhance your 10K experience. By following this program you are ensuring that your training and event will be an injury-free and life-enhancing experience.

During this Chi Running Injury-Free 10K Training Program, you will develop healthy habits that will benefit you for the rest of your life.

Getting Started

To begin, we suggest that you read this introduction, the Phase I Overview (p. 13) and review the first week of workouts (p. 17). If you are new to Chi Running, we recommend reading the Chi Running book (May 2009) and/or viewing the Chi Running DVD (May 2009). You can read the book or watch the DVD while practicing your weekly workouts, so go ahead and get started.

Complete the Personal Assessments in Appendix C (p. 76) of this manual. They will help keep you focused and motivated throughout your training.

Injury Prevention and Energy Efficiency

In Chi Running we have two priorities. First and foremost is injury prevention. This technique-based training program takes the pounding, pain and injury out of 10K training by combining proper running form with great training workouts. Keeping you pain and injury-free at any distance is our number one priority, and

this is best achieved by combining proper technique with thorough conditioning.

If you've been injured in the past, or are curious about preventing specific injuries, please refer to Chapter 9 of the Chi Running book (May 2009). It has an extensive list of common running injuries along with their causes and recommended treatments.

Our second priority is energy efficiency. As your running form improves, your ease and joy of running will increase, as will your performance. Being able to run your 10K efficiently will lower your overall effort level, ensuring that you meet your 10K goals with increased performance and minimal recovery time.

The Chi Running Technique

The Chi Running technique is based on the relaxing yet powerful movement principles of T'ai Chi, combined with modern physics. Two T'ai Chi principles we draw upon are Alignment and Relaxation. When your posture is in proper alignment, your bones support your body weight, so the rest of your body can relax, allowing the pull of gravity to help propel you forward in the most efficient way.

In the first three weeks of this program, you will learn the basic Form Focuses (the individual components of the technique). The Form Focuses are the specific instructions you will practice to learn to move efficiently and avoid injury. These Form Focuses are what will become your "tool kit." Throughout your training and during your 10K, if you feel any pain or fatigue in your body, you'll rely on your tool kit to make the necessary adjustments in your running form to remedy the situation.

The Five Phases of Injury-Free 10K Training

We have created five training phases to efficiently guide you through your training and keep you motivated. At the beginning of each

phase, you'll find a Phase Overview where you will review important principles, training themes and the workout schedule. The following are what you can expect in each phase of your training:

Phase I – The Form Phase – 3 Weeks: Learn the Chi Running technique and the elements of good running form in weekly lessons. Good running form is the foundation of any sound training program. The training will be aerobic with speed-type focuses.

Phase II – The Conditioning Phase – 3 Weeks: Build aerobic and cardiovascular conditioning by practicing your Chi Running Form Focuses over greater distances. The focus will be on running efficiently while beginning to practice race-specific training relative to your event.

Phase III – The Mastery Phase – 2 Weeks: Practice your Start Pace in preparation for your event and practice specific Chi Running skills to address fatigue, discomfort or any other race day challenges.

Phase IV – Race Weekend: Get specific instructions for the day before your 10K and special Race Day tips to make your race a true success.

Phase V – Rest and Renewal: This is the time to continue reaping the benefits of your training. The Chi Running Focuses will help you make healthy choices transitioning into your continued running program and future events.

Items You'll Need to Support Your Training

Chi Running book, DVD or Instruction: The Chi Running Injury-Free 10K Training Program refers to the newest edition of the Chi Running DVD (May 2009) and the Chi Running book

(May 2009). You will need either the DVD or the book to learn the specific weekly lessons. We highly recommend using both. You can also work with a Certified Chi Running Instructor to learn the technique.

Running shoes: Good running shoes are a key ingredient to safe running. Choose shoes that fit well and have less than 300 miles of wear. If they are new, make sure you do a few short runs to break them in before doing a long run. (For more information on choosing shoes, visit www.ChiRunning.com or read more in the Chi Running book, p. 165.)

Wrist watch: A good sports watch is essential while training for running. You'll want one that has a chronometer and a countdown timer. (Available on our web site at www.ChiRunning.com.)

Metronome: We highly recommend training with a metronome. You will use it to maintain consistent, rhythmic tempo during every run throughout this training program. If you've never used a metronome, please practice using one before beginning this training program. Please read Appendix D (p. 79) for more information on how to effectively use this tool. (Available on our web site at www.ChiRunning.com.)

Running journal: In this Intermediate program, keeping a journal is important. Notes about how you are feeling will help point you toward the Form Focuses to which you need to pay close attention. Tracking your workouts will keep you honest and on target with your goals. (Chi Running Fitness Journal available on our web site at www.ChiRunning.com.)

Hydration, Refueling and Electrolytes

Below is some important information about staying hydrated and

properly fueled during your 10K event.

Hydration: It is important to be well hydrated when training for and running a 10K. For longer training runs, we suggest carrying a water bottle and drinking two ounces every ten minutes after the first hour. Make sure you drink plenty of water between training workouts as well. A good rule of thumb, even when you're not exercising, is to drink water before you're thirsty.

Refueling: For most of your training runs, you won't need to refuel. We generally suggest refueling only for distances longer than a 10K. On your long runs during Weeks 6 & 7, we recommend fueling with bananas, oranges or dried fruit as needed. If you use Gu's, Gels or other packaged items, follow the manufacturer recommendations. Don't eat anything during your event you haven't practiced eating during your training.

Electrolytes: If you tend to sweat a lot or plan to run your 10K in a warm climate you might consider taking one electrolyte capsule 30 minutes before your race to ensure you'll have enough electrolytes in your system for the duration of your event. If it's a warm day you'll need to take another capsule after your race.

Body Sensing – Feel What it Feels Like

10K training is an excellent opportunity to improve mental and physical performance and response by developing communication between your mind and body. Your body is always talking to you and you can learn a lot by listening to what it has to say. Body Sensing is the practice of listening to your body, making adjustments and listening again. In Chi Running, you will be strengthening the mind/body connection with this ongoing, two-way conversation.

Body Sensing is how you will learn the Chi Running technique and how you'll learn to efficiently direct your body's movements. Take the time to feel what each Form Focus feels like in your body. The Form Focuses are the solution to almost any problem or opportunity you will encounter while training for or running a 10K. Over the course of this program you will practice Body Sensing: feeling what is happening in your body in the moment and responding with an appropriate Form Focus.

PRE (Perceived Rate of Exertion)

Your PRE is your Body Sense of how much of an effort you are making in any given moment. Some specific things to pay attention to are: your ease of breathing, how much you are sweating and how hard your muscles are working. Another way to learn to Body Sense your PRE is to monitor your heart rate (see below). The PRE scale is from 1-10, 1 being no effort at all, 10 being the most effort possible. In this training program you will improve the efficiency of your running technique, which allows you to keep your PRE consistent and comfortable (without sacrificing speed) throughout your 10K.

You will be given a suggested PRE for each workout. This will allow you to keep your PRE within a comfortable range throughout your event. As a general guide, a warm-up pace would be a PRE of 2-3, your average aerobic training pace would be a PRE of 4-5 (the PRE at which you would run your Long Slow Distance [LSD] Run – your longest run of the week), and your maximum aerobic pace would be a PRE of 6-7 (projected race pace). Spending some time training at your maximum aerobic pace is all you really need to do to run a successful 10K ... even a fast one.

Monitoring Your Heart Rate While Training

Running a successful 10K is dependent on being able to economically burn the glycogen stored in your body. When training for a 10K it is important to run at an aerobic pace which keeps

you within your most economical fuel burning range. Running aerobically during your 10K will conserve your fuel and allow you plenty of energy to pick up your pace at the end of your race for a strong finish. A good way to maintain an aerobic pace, and ensure you aren't at a high aerobic zone, is by running with your mouth closed and breathing through your nose. We highly recommend referring to Appendix E (p. 83), where we explain how to monitor your heart rate and calculate your maximum aerobic heart rate in order to stay within your aerobic zone.

Pacing

Pacing is the ability to run consistently at a predetermined rate of speed. To be good at pacing yourself you'll need to be able to Body Sense your level of exertion and then adjust accordingly to keep yourself running at a predetermined, energy-efficient speed. For example, if your mile splits are too fast at the beginning of a workout or race, it is important that you slow down to conserve valuable fuel reserves and prevent injury. For more information on pacing, see Appendix F (p. 85) of this manual.

Gradual Progress

Gradual Progress is the principle which underlies any natural and healthy growth process. In our instant-gratification society, we don't allow time for things to progress naturally. We tend to expect too much of ourselves and get discouraged if we're not immediately successful. When we take more time and allow life to unfold, positive change happens.

Following the principle of Gradual Progress will help you become aware of your natural growth as a runner. Having fun is the best way to learn, and certainly the best way to enjoy life (Book – p. 37 for more on Gradual Progress). Sore legs, longer recovery time, disappointing race times, or even injury can be the unfortunate outcomes of not following a path of Gradual Progress. The most successful runners stick to this

valuable principle in all areas of their training and racing.

Choosing a 10K

Once you choose an event, put the date of your event on p. 48 of this manual, then go backwards and write in the specific dates at the top of each Weekly Workouts page, like this:



If you haven't chosen an event yet, consider the big picture and make sure you have enough time to train properly. Our primary concern for you is that you not run a 10K before you are ready. On p. 11 of this manual, you can see an overview of the mileage increases you will need to complete for each weekly long run. The primary goal of this training program is to improve your running technique and increase performance: make sure that you give yourself enough time to grow into your full athletic potential.

If you are not a hill runner, make sure your event is predominantly flat. If you've chosen a hilly course, make sure you train for hills. There's nothing more conducive to meeting your 10K goals than race-specific training.

Weekly Workouts

Each week you will be given four workouts. The weekly workouts will consist of specific runs. A description of each type of run is in Appendix B (p. 65) of this manual. Feel free to change the days of the workouts but not the order. In order to practice your weekly lessons properly, your fourth run (Fun Run) should be the last workout of the week. If you must skip a workout, don't try to force it into your schedule, just move on and keep to the rest of your schedule as much as possible.

Each workout is important, but the most important workout is the LSD Run (Long Slow Distance – longest run of the week). If you get behind on the mileage of your LSD Run, or if it feels too difficult for two weeks in a row, choose a later event or consider doing a shorter race. It's most important that you listen to your body and remain injury-free so you can maintain an active and healthy lifestyle. Don't worry – there are always other 10Ks to train for!

During Phase I, almost all of your runs are Form Intervals where you will be learning the specific Form Focuses to help you become adept with the Chi Running technique. A list of all the Form Focuses is in Appendix A (p. 57) of this manual.

During Phase II, the interval workouts will improve your cardio-aerobic conditioning and improve your ability to run longer and faster at a sustainable effort level. You will also practice more race-specific training, like Start Pace and terrain challenges.

Workout Terrain and Duration

All your runs in Phase I will need to be on flat terrain ... no hills. You cannot learn the Chi Running technique properly on hills. Running on a track is ideal for learning this technique. You certainly don't need to do all of your runs on a track, however. Find your favorite places to run that are enjoyable (but flat) and create the variety you need to stay motivated.

If you do not have a track nearby, you will need to find a stretch of flat pavement and measure out 1/4 mile (400m), 1/2 mile (800m) and 1 mile (1600m) increments.

In Phase II, the speed and tempo workouts will improve your cardio-aerobic conditioning and help you practice mind-body communication.

In Phase III, we ask you to practice your starting pace, race pace, train

at projected mile split times, and run a course mock-up. If the course is in your area, drive it – or better yet, run it and take notes about what the course is like to help you fully prepare. Many events post mileage latitude markers, so you can get a precise layout of your event.

We do not require that you own a GPS system, but if you do choose to invest in one, it can help you measure the distance of your LSD Runs.

Body Looseners and Stretches

Stretching before running can cause injury. We have developed a series of Body Looseners (DVD - Main Menu; Book - p. 195) which help relax tight muscles and open your joints. Loosening and relaxing before you run is an important way to prevent injury. We highly recommend practicing these before every run.

We do recommend stretching *after* you run to prevent aches, pains and injuries (DVD - Main Menu; Book - p. 210).

End-of-Run and End-of-Week Reviews

It is very satisfying and helpful to keep a running journal, when training for a 10K. We suggest you keep simple notes about each run and spend a bit more time reviewing your LSD Run and doing an End-of-Week Review. The Chi Running Daily Fitness Journal (available on our website) is a great way to keep track of your workouts and monitor your progress.

Here are some simple items to log:

- Minutes or miles of each run
- Average pace
- Age of your running shoes

Here are some important questions to ask yourself before, during and after each workout:

- How did you feel after your run? At the end of the week?

- Do you have any pain or discomfort? Where in your body? What might be the cause? Which Form Focus could help you eliminate the pain or discomfort? (Book - Chapter 9: Troubleshooting)
- Did you do your Body Looseners and stretches? Which ones do you need to focus on to relax places where you are tight or sore?
- Did you experience any notable breakthroughs in your Chi Running form? By spending the extra time to review your training program each week, you will become your own best coach.

A Successful 10K

Racing a 10K is a healthy and challenging activity to affirm your potential physically, psychologically and emotionally. In this program, we offer you the tools to complete a 10K pain and injury-free, and with the confidence and deep joy of true success.

Best wishes,

– *Katherine and Danny Dreyer and the ChiLiving Team*

WEEKLY LONG RUN SCHEDULE

| Week # | LSD Distance |
|--------|---------------------------------|
| 1 | 4 miles |
| 2 | 4 miles |
| 3 | 5 miles |
| 4 | 6 miles |
| 5 | 6 miles |
| 6 | 7 miles |
| 7 | 8 miles |
| 8 | RACE DAY 10K (6.2 miles) |

Phase I

The Form Phase

Technique and Base Training

In this phase, you will learn the Chi Running technique, which is based on **energy efficiency** and **injury prevention**. These two important topics are best learned by using the Form Focuses, which are introduced in this phase. The Form Focuses are the building blocks of the Chi Running technique. Learning the Form Focuses will lay an excellent foundation for mastering your event in Weeks 7 & 8.

WEEKS 1-3

Themes

Phase I is all about learning the Form Focuses and Body Sensing what good running form feels like in your body. In later phases when you begin to incorporate speed training, having a solid foundation of good form in your body will allow you to practice at higher speed intervals without the risk of training-related injury.

The themes are:

- Perfecting your alignment, posture, and lean, and engaging your core
- Diagnosing discomfort and making adjustments to your form
- Conditioned technique-training
- Intervals for performance

Phase I will also incorporate aerobic training with speed-type focuses including cadence, core strengthening, use of the obliques, lean, The "C" Shape, relaxation, and pelvic rotation.

Phase I: The Form Phase

Skills

The following skills are important to your learning process and to running a successful 10K:

Body Sensing: We mentioned Body Sensing in the Introduction, and here we'll teach you the Body Scan. With regular practice, you'll develop a deeper and clearer line of communication between your mind and your body. The better your mind and body can communicate, the better you'll be able to run, walk and move for the rest of your life.

The Body Scan: (Book – p. 50)

Below is a sequential list of areas of your body. If you find a part of your body that you can't easily sense, place your hands on that area. The simple act of touching will facilitate connecting your mind with that part of your body. Pause at each point on your body to check for tightness or soreness. Be mindful of every sensation moving through you. Identify any tense areas and focus on relaxing that area.

Pretend your mind is an MRI machine. Start at your head and finish at your feet, scanning every area of your body.

Sense your ... Head ... Neck ... Shoulders ... Arms ... Elbows ... Wrists ... Hands ... Upper back ... Chest and breathing ... Abdominals ... Lower back ... Pelvis ... Hips ... Glutes ... Quads ... Knees ... Calves and shins ... Ankles ... and finally your feet.

We recommend doing a Body Scan each morning after you wake up. You can do it while you're still lying in bed or after standing up. Practicing the Body Scan every morning will develop your skill at Body Sensing and give you a consistent, healthy habit you can use anytime.

Focus your Mind: (Book – p. 43) The practice of focusing keeps you headed toward your immediate goals and, in a larger sense, toward realizing your bigger vision. Focusing also exercises your brain. In Chi Running, your mind gets a workout by first scanning your body, then directing your body with a Form Focus and listening to the response. You'll find that throughout your workouts, your mind will wander. Guaranteed! Because this mental wandering happens naturally, it takes practice to learn how to hold your attention to one task only, such as focusing on your alignment or leveling your pelvis. Learning to re-focus your mind, over and over again, sharpens its ability to move your body efficiently, while avoiding injury.

Y'chi: Focusing your eyes to focus your mind

When you use your eyes to direct your energy and movement, the Chinese call it Y'chi (pronounced ee-chee). It's a full mind/body Focus and a great skill to have if you want to increase your efficiency and speed.

Here's an exercise to help you learn to use your Y'chi: While running, focus your eyes on a distant object without breaking your gaze. If you're on a curvy road or track, choose a distant point more frequently. As you focus on the spot intently, you'll feel like you're being pulled forward by a bungee cord. You can use your Y'chi during your runs to help you focus and calm your mind.

WORKOUTS

What you can expect

The workouts in Phase I are almost exclusively Form Intervals (see Appendix B, p. 65), which are designed to teach you the Chi Running form. On Saturdays, there are always LSD Runs (see Appendix B, p. 66), where you learn how to run longer distances

while maintaining proper form. Each LSD Run is an opportunity to spend lots of time practicing any Form Focuses that you feel the need to practice.

Reminder: It is easiest, and best, to begin your workouts at slower speeds. So, **keep your stride short** as you begin each run. Overstriding is a major cause of injury and fatigue. As you warm up, you can let your stride increase and run like the wind!

Pre-run Body Looseners and post-run stretches are essential for injury-free 10K training. In Chi Running, we recommend loosening your joints and tendons *prior* to running and stretch your muscles *afterward*. Body Looseners and stretches should be practiced with every run and we recommend that you learn by watching them on the DVD, or reading about them in the book, p. 195.

WORKOUT SCHEDULE: WEEKS 1-3

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|------|---|------|-----------------------------|------|----------------|-------------------|
| 1 | REST | 30 min Form Intervals + Time Trial | REST | 40 min Form Intervals | REST | LSD 4 miles | 30 min Fun Run |
| 2 | REST | 45 min Form Intervals | REST | 40 min Form Intervals | REST | LSD 4 miles | 30 min Fun Run |
| 3 | REST | 45 min Form Intervals | REST | 45 min Form Intervals | REST | LSD 5 miles | 30 min Fun Run |

Phase II

The Conditioning Phase: Strengthening Your Technique

Performance Training for Mind and Body

In this phase, you will condition your heart and lungs to build up your cardio-aerobic foundation, tone your muscles and improve fitness to run a successful 10K. Your mind will also be “exercised” as it teaches your body to hold Form Focuses for longer periods of time. All of this will lay a deep foundation for mastering your event in Phase III.

WEEKS 4-6

Themes

The Conditioning Phase is a time to work on getting smoother, more relaxed and more efficient with your Chi Running technique. In some workouts you'll be working with Form Focus *Pairs*, which help sharpen your mind and increase your familiarity with various combinations of Focuses. You'll also be asked to practice the Form Focuses that are the most challenging to you, as a way to help your body become more "fluent" with *all* the Form Focuses. The following themes are emphasized in the Conditioning Phase:

- Increasing mileage and incorporating speed
- Diagnosing discomfort and making adjustments to your form
- Conditioned technique-training
- Intervals and light strength-building

Skills

These skills and ideas will help you with your learning process:

Intelligent Movement: An overarching theme in this program is the idea of intelligent movement. In Chi Running you are using your mind to train your body to make running more efficient and enjoyable. This is not mind over body, where you convince your body to do more than it wants to, or should. It is about constantly listening to the body and using your tool kit of Form Focuses to improve your performance. By using Intelligent Movement you learn to rely more on *technique* than strength to run the perfect race.

Quality not Quantity: (Book – p. 143. Distance: Instating New Habits) The workouts in this program are designed to help you practice new skills. By concentrating repeatedly on the *quality* of your workouts rather than the quantity, your body forms a new “groove” in which to operate. Once you begin to feel the correct motion it will soon become a habit, and then it’s yours. You can run eight intervals and get a decent cardio workout for your body, but if you focus on the quality of those intervals, you will gain finesse; a focused mind, a strong core, a relaxed body, a healthy heart and a sense of ease and joy in your running. It is the right use of your *mind* that enhances your running quality and experience.

Y’chi: Focusing your eyes to rest your mind and body: Here’s how to practice using your Y’chi during any run: If you’re feeling fatigued, just lock in your Y’chi on a point in the distance ahead of you and let it pull you along while you relax and rest your body. Once you feel recovered, go back to doing your Form Focuses.

WORKOUTS

What you can expect

In this phase you can expect increased mileage, more varied workouts and more repetitions of the Form Focuses, all of which will condition your body. You will be working with Focus Pairs that are specific to certain types of runs. The Tempo Runs are intended to work your heart and lungs so that your performance, speed, and efficiency continue to improve. Body Sensing the correct PRE for each type of run will guarantee that you are reaching the correct level of training and performance.

In Week 5, Saturday's LSD Run is 6 miles. If there's a 10K event in your area that you can participate in, we encourage you to use it for training practice as an alternate to the 6 mile LSD run. Just be sure not to "race"—run at your normal training pace and enjoy the cheering crowds! This is a great opportunity to practice your starting pace, as well.

Pre-run Body Looseners and post-run stretches

Incorporating the Body Looseners and stretches should be second nature to you now. We really believe entry into and exit from your runs are as important as the runs themselves. Take a few minutes to *prepare* and *recover* your body.

Phase III

The Mastery Phase

Fine Tuning/Race-Specific Training

In this phase, you will learn how to respond to internal and external factors you might encounter during your event. You'll also continue race-specific training, including learning to Body Sense your Starting Pace. Remember that this Mastery Phase is the time to really learn to focus and direct your body for any situation you might encounter during your race.

Knowing what your 10K course will feel like, by practicing the specific Focuses that will help you run each section most efficiently, will leave you vastly more confident going into your race than if you were to rely solely on your conditioning level. This is where Chi Running goes beyond other 10K training programs; efficient movement and race-specific intelligence are included in the plan.

WEEKS 7 & 8

Themes

Phase III is all about taking what you've learned and tailoring it to your event. Your runs will become dress rehearsals for your actual race. At this stage, your Chi Running technique and cardio-aerobic conditioning provide a great foundation for you to practice the specifics of the event and prepare for the challenges that may arise. The efficiency and mindfulness that you have gained will allow you to focus on developing your finesse and ability to confidently perform in your 10K.

The themes to be aware of are:

- Race-specific training: the start, pacing, terrain challenges
- Training at projected mile split times
- Body Sensing the Form Focuses to apply in any situation
- Increasing your speed without increasing your energy expenditure
- Course mock-up runs

Skills

These are the skills that will be emphasized during the Mastery Phase:

Responsiveness: In the Mastery Phase, you are fine-tuning your skills to respond to any situation that comes up. For example, if you are tired, you will know what you can do about it (see manual, p. 50 for a list). The better you are at Body Sensing and engaging the Form Focuses, the better choices you will make when you need to respond to a challenging situation. Being responsive means taking responsibility and not falling victim to your conditions. In this phase, you will rehearse various scenarios from your race, so that there will be fewer surprises on race day. Like a T'ai Chi Master, you will be centered, flexible and confident. Use this phase to watch for and pinpoint potential problem areas in your environment (challenging course specifics like heat, hills, wind, crowds, etc.) and in your body (inefficient use of your mind as well as inefficiencies in your running form). Here is where you figure out what to expect and how to prepare yourself in advance.

Chi-Skill: Breathing (Book – p. 51) Even though breathing is an automatic function of the body, it is important to breathe correctly in order to maximize the exchange of air oxygen for blood oxygen with each breath. Start by aligning your posture (especially your upper body). Relax your shoulders and practice

“belly breathing” (Book – p. 54). Notice how your stomach expands outward. Deep breathing will help keep your energy (chi) flowing, your muscles fresh and your mind working well. The brain is very dependent on the air you breathe. You’ve been running regularly for a few months, so you’ve greatly increased your aerobic capacity from when you started. Remember to regulate your pace/PRE by breathing through your nose.

Body Sensing Relaxation Levels: The best way to systematically locate tense areas in your body is to do regular Body Scans (Book – p. 50). Learn to be aware of places you routinely hold tension and check in regularly with those places first when you're running. Teach yourself to relax those areas and keep them relaxed. Then move on to doing a full Body Scan and work on relaxing any additional areas that need help. The best runners in the world are the most relaxed runners!

WORKOUTS

What you can expect

As you move into this Mastery Phase, you’ll be sharpening your responsiveness and practicing the race-specific Form Focuses that you’ll need to use during your event. Practice makes perfect, right? Remember to Body Sense, practice *relaxation* and deep breathing during the runs in this phase.

Pre-run Body Looseners and post-run Leg Drains

Don't start a workout without doing your Looseners! Leg drains will also be very important after your workouts during this phase. If they are not part of your post-run ritual, we highly recommend you incorporate them now.

Phase IV

Race Weekend!

RACE WEEKEND

Pre-race Day Themes

- Keep yourself rested but moving
- Limit your overall activity level
- Don't do anything new
 - Avoid new food, snacks, drinks, etc.
 - No new clothes, shoes, or accessories
- If you're traveling to your event, plan your travel to be energy conserving
- Minimize personal distractions: Finish work, pay your bills, call your mom, etc.
- Finalize your Race Day logistics
 - Travel to and from race
 - Lodging
 - Diet: Fuel, electrolytes, hydration

Pre-race Diet Suggestions

Days three, two and one before the race, try to eat only carbohydrates (little to no protein), like whole wheat pasta with plain red sauce, whole grains and veggies.

RACE WEEKEND

WORKOUTS

SAT RACE DAY!

Have fun and stay relaxed.

SUN 30 min. easy jog

Race-day Diet Suggestions

Eat foods that digest quickly, providing quick blood sugar. Eat lightly – bananas, toast, honey, fruit – and don't eat anything new that your stomach isn't used to. Eat foods that will digest by the time you cross the finish line.

Race-day Guidelines

Arrive Early: Get to the race with plenty of time to park, warm up with a jog and get settled.

Warm up: Do your Body Looseners! You can use these to focus your mind, relax your body and get centered before race time. Start warming up 20 minutes before the race start. Jog about 1/2 mile. Go very slowly and remember that you're just getting your circulation going. Tuck the loops of your shoelaces inside so they won't come untied.

Walk to the starting line: Try to arrive at the starting line in time for the gun to go off, not too early. You don't want to stand around letting your legs get stale. If you do have to stand, shake your legs or jog in place.

Start off easy: When the race starts, do your best to maintain an easy pace and don't take off fast. You don't need to worry about a few minutes at the beginning; you'll make it up and have a better race if you start slowly.

Mindful Maintenance

Use your timer! Set the countdown timer on your watch to beep every 10 minutes. When it goes off, check in with your posture and your lean. Use the timer as a “refresh” button throughout the race to remind your body/mind to communicate and check in with your Form Focuses and to

drink water if you are thirsty.

Check your pacing: Check in with your pace at the first mile marker/aid station. Check that your first mile time is slower than your expected average race pace. It's a great way to see if you are maintaining your slow speed and not starting out too fast!

Make adjustments before you need to: Drink before you're thirsty. Adjust your form before you're too tired to remember.

Show gratitude and boost your energy: Look up, smile, talk to someone, take in your surroundings, find someone ahead of you and try to "reel" him/her in, swing your arms more, check in with your Focuses, smile some more. Thank every race volunteer you see and cheer on every runner you pass (or any runner who passes you!)

Use your Y'chi: Engage your Y'chi as much as possible during the race to help you stay efficient, focused and quick.

Fatigue Fixes

Here's a list of the most important things you can adjust if you find yourself getting tired. This is the same list Danny uses when he's dealing with fatigue during a race:

Shorten your stride.

Correct your posture. Make sure your shoulders are ahead of your hips, which should be ahead of your feet!

Re-engage your lean, making sure not to bend at the waist ... keep that core engaged.

Slow down your pace until you regain some strength.

Practice Y'chi. Whenever you feel fatigued, pick a spot ahead of you (or a runner in front of you!) to focus your gaze on and let your Y'chi pull you forward while you relax your body as much as possible.

Belly-breathe and increase your breath rate. Don't breathe too slowly – your body needs air.

Don't think about being tired because you'll get even more fatigued. Try to stay upbeat and take a look at all the runners and volunteers out there with you.

Relax your shoulders. Let your arms dangle at your sides every 2 miles and at the top of any uphill sections.

Remember your circular feet. Try to avoid shuffling and remember the circular motion of your heels.

Post-race Suggestions for Recuperation

First: When you cross the finish line, thank yourself. You've just accomplished a great goal, and this moment deserves your attention.

Cool Down: After you cross the finish line, walk around to cool down your body. Stretch gently and do your leg drains. Remember to drink water or juice. Massage your legs to keep the lactic acid moving.

Take a Moment: When you get home or someplace quiet, take a moment to ask yourself: How do you feel about the day? Did you accomplish what you set out to do? Are you happy with your success? Do an End-of-Run Review, just like your training reviews, and turn your realizations into lessons.

Celebrate! Go hang with your fellow running buddies, family and friends. You deserve a toast!

Keep moving: We highly encourage you to take a walk or go for a bike ride the day after your race. Your legs and body will really appreciate you for it.

Phase V

Rest and Renewal

Time to rest, renew and recover

In this phase you will thank your body for all its amazing accomplishments. We encourage you to renew your commitment to yourself and to your health and exercise practice.

Themes

- What did you learn?
- How are you feeling?
- Any positive realizations about yourself?
- Any soreness or fatigue?
- What impressions do you have about your training and race experience?
- What worked for you, and what would you do differently?

Reflect on the answers to these questions as you move into your post-race lifestyle.

Workouts

| | |
|------------|-----------------------------|
| MON | Easy short jog or bike ride |
|------------|-----------------------------|

| | |
|------------|------|
| TUE | REST |
|------------|------|

| | |
|------------|----------------------------|
| WED | 15-30 min. run – easy pace |
|------------|----------------------------|

| | |
|------------|----------------------------|
| THU | 15-30 min. run – easy pace |
|------------|----------------------------|

| | |
|------------|------|
| FRI | REST |
|------------|------|

| | |
|------------|---|
| SAT | Whatever speed and distance feels right |
|------------|---|

| | |
|------------|------|
| SUN | REST |
|------------|------|



Congratulations... You did it!

You've completed your 8-week Chi Running Injury-Free 10K Training Program. The past several weeks have hopefully been the launch pad to a lifelong practice of healthy choices. We encourage you to get your calendar out and set up a regular running/exercise schedule. You don't have to schedule another race right away, but keep running.

All of us at Chi Living wish you the very best with your continued running success. By being consistent with your running, you'll ensure yourself a lifetime of vibrant energy and good health.

For additional support with your Chi Running program, visit our website at www.ChiRunning.com or call toll-free 1-866-327-7867.

APPENDIX A:

Chi Running Focuses

SINGLE FOCUSES

This Focus List can also be found in the Chi Running book, p. 117

Posture

- Align your feet and legs
- Soften your knees
- Balance your feet (left/right, front/back, inside/outside)
- Lengthen the back of your neck
- Level your pelvis
- Relax your glutes
- Create your Column (shoulders, hips, ankles aligned)
- Feel your feet at the bottom of your Column
- Look for your shoelaces
- One-legged posture stance
- The "C" Shape
- Feel your Column with each foot strike
- Relax everything but your lower abs

Lean

- Three steps to engage lean
 1. Check-in with your posture
 2. Drop your focus to your feet
 3. Keep your feet landing where they are and let your Column fall in front of where your feet are hitting
- Relax lower legs and ankles
- Lengthen the back of your neck and lead with your forehead
- Land fullfoot
- Upper body ahead of your feet
- Balance in the “window of lean”
- Feel your lower abs and obliques engage more as you lean more
- Your lean is your gas pedal

Lower Body

Legs

- Start off with a short stride
- Let your legs swing to the rear
- Let your hip swing back with your leg
- Rotate legs medially (toward your midline) to point feet forward

Lower Legs

- Bend your knees
- Limp lower legs: calves, shins, ankles, feet, toes
- Heels up/knees down
- Soften knees
- Passive lower legs

Feet and Ankles

- Feet point forward
- Circular feet with wheels at the ends of your legs
- Lift your ankles
- Heels up/toes down
- Peel foot off the ground
- Fullfoot strike

Pelvic Rotation

- Feel your Pivot Point at T12/L1
- Level your pelvis
- Allow pelvic rotation to happen
- Rotate entire lower body below Pivot Point

Upper Body

Arm Swing

- Bend your elbows to 90° (don't pump)
- Curl fingers with thumbs on top; relax hands
- Hands always held above your waistline
- Hands don't cross your center-line
- Swing elbows to the rear
- Shoulders fall forward

Head, Neck, Shoulders

- Keep shoulders low and relaxed
- Shoulders always face forward
- Lengthen back of neck; lengthen spine
- Lead with your forehead, not your chin
- Y'chi directs energy forward through the eyes

Breathing

- Belly-breathe – Inhale through nose, exhale through mouth by pulling your belly in
- Match breath rate to cadence: exhale for two steps, inhale for one
- Nose-breathe if possible

Y'chi

- Use your eyes to direct your movement
- Find a spot on the horizon and lock your eyes onto it (or on a runner you'd like to catch!)
- Let the rest of your body relax
- Feel your Y'chi pulling you toward your target like a bungee cord
- Use your Y'chi whenever you are feeling tired
- Watch your breath when using your Y'chi ... belly breathe deeply

Cadence, Gears and Stride Length

Cadence

- Work toward a range between 170-180 steps per minute (spm) with a metronome
- Tall or long-legged runners should aim to run at a no less than a 170 spm cadence.

Gears and Stride Length

- **1st gear** (PRE: 2-3)
 - 1-inch lean
 - Shortest stride length
 - Warm-up pace
 - Breath rate barely increases
- **2nd gear** (PRE: 4-5)
 - 2-inch lean
 - Medium stride length
 - Conversational/training pace
 - Aerobic pace
- **3rd gear** (PRE: 6-7)
 - 3-inch lean
 - Race pace
 - Longest stride length
 - High end of aerobic pace
- **4th gear** (PRE: 8-9)
 - 4-inch lean
 - Sprint pace
 - 3rd gear stride length
 - Anaerobic pace
 - Arms swing forward (not to the rear)
 - Drive with your hips (not your legs)
 - Slight increase in cadence, but not in stride length
 - Engage The "C" Shape more, relax hips and legs more

FOCUS PAIRS

These Focus Pairs can also be found in the Chi Running book, p. 138

Posture

- One-legged posture stance/Bend opposite knee
- Lengthen back of neck/Level pelvis
- Feel your Column/Feel a midfoot strike
- Connect the dots/Relax everything else

Lean

- Shoulders forward/Elbows back
- Upper body forward/Lower body rearward
- Hold The "C" Shape/Balance in the "window of lean"
- Level your pelvis/Lean from your ankles

Lower Body

- Focus on the Pivot Point/Rotate lower body below T12/L1
- Fullfoot strike/Let your hip swing back with leg
- Circular feet: Peel heels up over opposite ankles/Knees down
- Knee bending/One-legged posture stance

Pelvic Rotation

- Rotate your pelvis/Feel yourself run level to the ground
- Small rotation at slower speeds/Large rotation at faster speeds
- Level pelvis/Rotate pelvis from T12/L1

Upper Body

- Shoulders squared forward/Elbows back
- Y'chi focused forward/Elbows back
- Lengthen back of neck/Open your chest
- Forward lean with Column/Elbows and legs swinging rearward
- Lengthen back of neck/Focus your Y'chi ahead

Cadence and Breathing

- Level pelvis/Belly breathing (inhale through nose, exhale through mouth)
- Match your breath rate to your cadence: 3:2 or 2:1 out/in

Gears and Stride Length

- Increase lean/Lengthen stride
- Decrease lean/Shorten stride
- Sustain each gear for one minute/Relax lower legs
- Steady cadence (metronome)/Cycle up and down through gears

Body Sensing and Relaxation

- Level your pelvis/Relax your lower back
- Rotate your pelvis/Relax your lower back
- Relax your shoulders/Lengthen your neck
- Level your pelvis/Rotate your pelvis
- Relax lower legs/The "C" Shape
- Relax your wrists/Relax your ankles
- Level your pelvis/Relax your glutes

UPHILL FOCUSES

These Focuses can be used for runnable uphill. The uphill Focuses should involve more of your upper body, with less emphasis on lower body. For tips on non-runnable uphill, please see the book, p. 177.

Lean into the hill – As a hill comes up in front of you, it may throw you back into an upright position. To counteract this tendency, lean into the hill and keep your upper body ahead of your hips and feet. This will feel like you've increased your lean because your Achilles tendon is stretched, but it's really because you're leaning into a hill instead of a flat road.

Don't step ahead of your hips – To prevent the overuse of your hamstrings, never step past your hips when running uphill. As you lean, keep your shoulders ahead of your hips and your hips ahead of your feet.

Swing your arms forward and up – Since you won't be using your legs much, your upper body will have to pick up the slack. As you run up hills, your arms should swing up, in the direction you are going up the hill. (We break our own rule here about swinging your arms to the rear.) Pretend you're trying to punch yourself in the chin.

Shorten your stride length – Running uphill is not the time to be in a hurry, so take it easy and you'll get to the top in great shape, without feeling like you're dying a slow death. The best way to reduce your lower body effort on hills is to relax everything below your waist as much as possible. This naturally shortens your stride length. If you feel fatigue in your legs, shorten your stride until you feel less fatigue.

Relax your lower legs – Keep your lower legs very relaxed as you run uphill. This will ensure that you don't run uphill on your toes and overwork your calf and foot muscles.

Keep your heels down – In order to avoid overworking your lower leg muscles, always keep your heels on the ground during the support phase of your stride. Any time spent on your forefoot is energy spent working your *small* leg muscles to do a *big* job.

Use a mental image – A good mental image to use when running uphill is to imagine yourself floating up the hills like you're a hot air balloon, or let your upper body feel spacious and light, like an eagle catching an updraft. Just think to yourself, "Uphill ... upper body."

Use your Y'chi – Focus your eyes on a spot at the top of the hill and don't blink until you get there. You'll be amazed at how good it feels to be "pulled" up the hill.

DOWNHILL FOCUSES

These Focuses can be used for runnable downhills. Most downhill Focuses involve your lower body, with less emphasis on upper body. For tips on non-runnable downhills, please see the book, p. 182.

Relax everything from the waist down – Pay special attention to relaxing your quads and calves.

Keep your cadence steady – Let your stride length increase.

Lean downhill – On the easy slopes, keep your upper body ahead of your foot strike. Holding The "C" Shape is the best way to accomplish this. If you keep your pelvis truly level, it will flatten your lower back and reduce the impact to your sacrum. If you feel like you're going too fast, back off of your lean until you feel comfortable. To reduce impact to your legs, increase pelvic rotation, letting your stride open up behind you.

Let your pelvis rotate more – Let your entire lower body swing from T12/L1, allowing your pelvis to rotate with each stride. Every time your leg swings out the back, let your hip be pulled back with it.

Relax your ankles – To avoid shin splints or plantar fasciitis, it is crucial that you don't dorsiflex your ankles. Danny gently points his toes as his legs swing forward to avoid a hard heel strike.

Relax your mind – Surrender to the speed, Grasshopper.

APPENDIX B:

Chi Running Workout Descriptions

The following are descriptions of each type of workout in this training program (most of these can also be found in the book, p. 152).

Warm-up

The beginning of your run is the time to set up your mind and body to perform their best. A warm-up is always done in 1st gear ... creepy slow (PRE: 2-3). It's nearly impossible to set up and maintain good alignment and balance in your running form if you don't start off by running slowly.

Form Intervals

Form Intervals are designed to help you learn new patterns of movement in the quickest and most efficient way ... through repetition. In these workouts, you'll be practicing your Form Focuses for short periods of time (usually 1-4 minutes).

There are two types of Form Intervals:

1) On/Off Form Intervals: During this workout, you'll be asked to focus as precisely as possible on a specific Form Focus for a specific time period called an "on" interval, followed by a "rest" or "off" interval. The rest intervals allow you to take a mental break. You'll alternate between "on" intervals (practicing a Focus) and "off" intervals (taking a mental break) for the duration of the workout time. In most cases, you will practice Focus 1 for the first third of the run, Focus 2 for the second third, then both Focuses together for the last third of the run. Later in your training, you'll practice *Focus Pairs* during the "on" intervals.

2) Alternating Form Intervals: This type of Form Interval doesn't have any "rest" intervals. There will be two or more Form Focuses to practice and you will focus on one of them for

a designated time period. When the time period has elapsed, switch to the next Focus for the same amount of time, and so on.

Cycle between the Focuses in this way for the first two-thirds of your workout. During the last third of your run, do several Focuses at the same time. During this type of Form Interval, you're always practicing a Focus. Later in your training, you'll be asked to pick two pairs of Focuses and alternate them the same as you would single Focuses.

Keeping track of the time periods for your intervals is best done with a countdown timer watch. Danny uses a Timex watch, which is available at www.ChiRunning.com.

LSD – Long Slow Distance Run

This run is the Distance part of the Chi Running formula: Form, Distance and Speed. This is where you'll build an endurance base for your legs, patience for your mind and increase your aerobic capacity. Most importantly, it is an opportunity to practice maintaining your form for increasingly longer periods of time.

Even though it's a long run, it's more about quality than quantity. It is very important, for a number of reasons, that this run is done mostly in 2nd gear (comfortable, conversational aerobic pace). Any increase in speed (to 3rd gear) should only be done in the last few minutes of the run. The main focus to be learned in this workout (above and beyond all the others) is to be able to relax for extended periods of time while running. A quick word of advice: if you run the LSD Runs faster than a comfortable aerobic pace (PRE 6 or higher), your body will not build capillary beds as extensively or establish a fat-burning fuel system which you'll need for the long miles ahead. This run builds the aerobic capacity to be able to train at higher speeds, but it is not where you want to be doing your speed work.

You will be given or will choose Focuses to practice at 10 minute intervals throughout the run (Alternating Form Intervals). This is where you fully integrate all you have learned from the lessons of the week.

Fun Run (Recovery Run)

This workout is a recovery run to be done the day after your LSD Run. Just let your mind rest and your body relax! Take yourself on a tour of some new area you'd like to explore. Keep a mellow pace. This run is just to clean out your legs, loosen your muscles and free up your spirit.

Cross-training Workout

In these workouts, we encourage you to take a low-intensity break from running: Our favorites are biking (road or mountain), walking, swimming, or hiking. If you have a favorite yoga or Pilates class, that's also great.

Time Trial

Time Trials are a good way to periodically monitor your training progress. The Time Trial will help you calculate your "average" running pace. It will help you determine how much time it would take you to run a particular distance.

The best way to do a Time Trial is on a track or on a measured section of road that is flat and marked in 1/4 mile increments. For your Time Trial, you'll be running one mile without stopping. To measure your current average pace, we suggest you find a track and warm up for 5 minutes. When you are ready to run, mark a specific start/finish point. Then, start your stopwatch and begin running at a comfortable 2nd gear pace. At no time during your Time Trial should you be running in 3rd gear. At the end of your first lap* (1/4 mile), note the amount of time it took you (split

time**), and continue running for three more laps, noting your split times for each individual lap (not the cumulative time). Afterward, take an average of your 1/4 mile splits, and multiply it by 4. That number will be your average pace in minutes/mile. For example, if your Time Trial pace this week was 9:00 min./mile, and you are scheduled to run 7 miles for your LSD Run, your total run time will be: $(9:00) \times (7) = 63$ minutes (or 1:03). Running for minutes is easier and can be less time consuming than trying to map out a 7 mile run. We will ask you to do your first Time Trial during Week 1.

We recommend that you periodically check in with your pace to see if it's changed and adjust your LSD Runs to ensure you're running for the right amount of time *and* distance.

*Note: If you run on a quarter-mile track, run in Lane 1. If you're on a 400m track, run in Lane 2 to get an accurate mile.

** Splits refer to the amount of time it takes to run each 1/4 mile (or any other distance). Most stopwatches have a 'split timer' function that will allow you to keep track of consecutive split times.

Tempo Run

Tempo Runs are your opportunity to practice running at your projected 10K pace, whatever that might be. Tempo Runs are on flat terrain and generally 4-8 miles in length depending on your conditioning level. We recommend this only after Phase I of the training and/or for runners with a good command and understanding of the Chi Running technique and Focuses.

The goal of a Tempo Run is to slowly increase your speed throughout the run without significantly increasing your effort level. So, in this workout, you'll start off in 2nd gear and slowly increase your lean over the length of the run, finishing in 3rd gear. During this run, practice all of your Lean Focuses and always remember to relax more

as you increase your lean. Use your metronome to keep your cadence steady. If your cadence is consistent, you'll stay more efficient as your speed increases.

For example: If you're training to run your 10K at an average pace of 10:00 min/mile, you would start off running slower than that, and end running faster than that.

1. Mile 1: 10:06
2. Mile 2: 10:00
3. Mile 3: 9:55
4. Mile 4: 9:50

(The average for these 4 miles is approximately a 10:00 min/mile pace.)

Surges

This is an upper-end aerobic workout (PRE: 6-7) that will add higher performance capacity to your lungs and heart, and help you to add some stretch to your stride. This run is best done on level ground and can be *a substitute for any scheduled Hill Run*, especially if you live where there are no hills. Warm up for at least 10 minutes at a comfortable pace. When you're finished warming up, settle in to a nice 2nd gear aerobic pace. This will be your base pace which you will return to after each Surge. A Surge is a slight increase in your speed brought on by adding a little lean while increasing your pelvic rotation. The formula for doing a Surge is: Lean more ... relax more. When you increase your lean to do a Surge, increase it very gradually over a 200m stretch, then hold your speed for 10 seconds before returning to your base pace. At the end of each Surge you should be running fast, but not over-exerting yourself. Do a speed that feels fast, but manageable. Don't force speed to happen. Create it by leaning more and relaxing. At the end of each Surge, return to your base pace until your breath rate recovers to its normal rate. Then

immediately do another Surge. Repeat this cycle for the duration of your workout. Do a 1/4 mile cool down jog, then walk for 3 minutes.

Hill Run

This workout will build great cardiovascular conditioning and improve your uphill and downhill running techniques*. Find a place where you can run low, rolling hills. Your heart rate will increase significantly on each uphill section, and will return to your basic aerobic rate on the downhill. Trails are okay if you're used to them, as long as the climbs are no more than 25'-50' in elevation. Warm up for 5-10 minutes on level ground, if possible, before starting up your first hill.

**See Surges description for Hill Run alternative*

Uphill running Focuses: (Appendix A, p. 63) Whenever you're running uphill, shift to a lower gear (shorter stride length) and swing your arms forward and up (instead of to the rear). Lean into the hill (from the ankles) and keep your heels down at all times.

Downhill running Focuses: (Appendix A, p. 64) Whenever you crest a hill, always lean all the way over the top of the hill until you begin heading downhill again. If the hill is a "runnable" downhill (where you don't have to "brake"), lean into it, allowing your legs to relax and your stride to lengthen. Also, allow your pelvis to rotate more. If it is a "non-runnable" downhill (where you have to put on the "brakes"), run in an upright position, pick up your heels, take shorter strides, and roll heel-to-toe as you descend.

Hill Repeats

This is one of the very best ways to develop cardiovascular capacity as well as additional core strength. Find a hill that is steep, but just shallow enough to allow your heels to easily stay in contact with the ground during your support stance. Do a 5-10 minute warm-

up on level ground before running your first repeat. Once you're warmed up, mark a distinct "starting line" and run up the hill at an easy pace for 2 minutes without stopping. Then, mark the spot where your timer goes off by leaving something on the ground (water bottle, jacket, etc.) Once you've marked your "finish line," turn around and jog back down the hill at a restful recovery pace. Your first repeat should be your slowest and you should try to do the next repeat 2-3 seconds faster by making adjustments to your technique and *without increasing your effort level!*

The best way to know how many of these repeats to do is to Body Sense and discern whether or not your PRE is increasing. When you feel your PRE increasing and feel yourself beginning to get fatigued, you're on your last repeat. Jog back down the hill, do a 5 minute cool-down and you're done for the day.

If, for instance, you were able to do four repeats, each one faster than the previous one, and the fifth one feels harder, that's your indication to stop.

When you go out the following week to do your Hill Repeats again, always start with doing the same number as the previous week. Then, after you've run all of your Hill Repeats, ask your body if it can do one more at the same PRE. If it says "yes," go for it. If it says "maybe," go for it. If it *whines* and says, "I'm not sure..." just call it a day and go home.

Speed Intervals

This is the workout where you practice the Form Focuses that allow you to run faster (if you want to). But, be very clear: Speed Intervals are not about "trying" to run faster. It's about creating the conditions for speed to happen. Speed Intervals are just Form Intervals done with more lean and more relaxation. This workout is best done on a track, a measured flat loop, or a straight stretch

of measured road. Be careful when you do your Speed Intervals with your local track club. The atmosphere at track workouts is usually very competitive and will draw your attention away from running the way that is best for you.

Begin each interval at a slow pace and slowly increase your lean as you progress to the end of the interval (2nd gear \Rightarrow 3rd gear). It is important to do Speed Intervals with a metronome because it will train you to relax your hips and pelvis and lengthen your stride as you increase your lean. You should never feel wiped out at the end of a Speed Interval. If you do, you're pushing yourself too much. Lighten up! Remember, you're working on technique first and foremost, where speed is a by-product of good technique.

Always follow the Principle of Gradual Progress. The first interval should be your slowest and the last one, your fastest. If you do your set of intervals correctly, your exertion level should feel the same on your last interval as it did on the first.

Cool-down

Taking the time to transition out of your run is a great way to get the most out of what you just did. It's a time to anchor your accomplishments in your body and make them truly yours. After every workout, cool down at a 1st gear pace for at least 400m and then walk for 2-3 minutes before stopping.

Fahrtleks

(Bonus Workout)

This is a playful substitute for Speed Intervals, if you don't happen to have access to a track. It's a fun way to get a great cardio workout. Once you're warmed up, pick an arbitrary spot ahead of you (100-200m). Then, pick one of your four gears and run in that gear from where you are to the point you picked. Switch gears at your

predetermined spot and hold that gear until you get to the next spot you pick, and so on, until you've run for your scheduled amount of time, switching between various gears. If you want more of a cardio workout, just put in more intervals of 3rd gear and 4th gear. Cool down at the end.

APPENDIX C:

Vision, Goals and Assessments

Vision and Goals

When preparing to run a 10K, it is very helpful to have a vision and goals for your training, for crossing the finish line and for the days after the 10K.

The first question you want to ask yourself, and answer as honestly as possible, is why you want to run a 10k.

Some answers might be:

- To challenge myself physically and mentally
- To realize my potential
- To keep myself motivated to stay fit
- To feel healthy and strong
- To help me lose weight
- To get back into shape again
- To support a meaningful cause
- For the friendship and camaraderie of training with others
- Because I love to run

In your journal or log, write down the reasons that are most meaningful to you. To write your vision, imagine and write down how you want to *be* and *feel* during your training, during the race, crossing the finish line, in the celebratory dinner, the day after, two weeks after the event, etc. Use your imagination and put yourself in that future moment and get a Body Sense of the experience you want to have.

Some answers might be:

- Focused
- Strong
- Healthy
- Vibrant

- Joyous
- Proud
- Enriched
- Deeply nourished
- Present
- In awe and wonder

Your vision is very important because it will help you when you are discouraged or challenged beyond your comfort level.

Write your vision in the present tense, as if you were journaling an actual experience. Most importantly, read your vision and check in with your goals on a regular basis so that you can have a place to turn to and get help when you need it.

Personal Assessments

Chi Running asks you to be present and listen to your body, and from that place, make adjustments that will help your body through the training and in the 10K itself. Self awareness is both the practice and the result.

We suggest you do a physical assessment, and a psychological/emotional assessment of yourself. On the following pages are some questions to consider and respond to.

Physical Assessment:

Consider your age, weight and blood pressure. Are you happy with your weight and overall health?

It is good to know your Resting Heart Rate (RHR) and check it on a regular basis. To determine your RHR, you will want to check it first thing in the morning before you get out of bed. Count your pulse with your pointer and middle finger on your neck, beneath your lower jaw. Count the number of beats in 15 seconds and multiply by 4 to get beats per minute. As you get

into better shape from your training, you may find your RHR gets lower, which is good news.

Do you have any health or physical concerns you need to take into consideration before running a 10K? Illness, injury, aches, pains? Are you addressing your physical concerns?

Evaluate your overall health and energy level. What improvements do you want to make for your long term health and physical well-being? Seeing improvements in your health will inspire you to continue running even after you have completed your 10K.

Psychological/Emotional Assessment

Running a 10K is 10% physical and 90% power of the mind. In Chi Running, we know that the mind ultimately gets you across the finish line. The winning formula for success is not, however, mind over body, but rather the mind listening to and directing the body in positive and helpful ways.

Be aware of the thoughts that will enhance your training and the thoughts that might undermine your efforts. Put yourself on a “diet of the mind” and focus on the thoughts that are supportive of your vision and goals. Have a plan to overcome the obstacles that your mind may create on your path to success.

Write down the qualities and characteristics you possess that will enhance your 10K training. Are you goal-oriented? Do you have strong willpower? Are you inspired and ready to commit to your 10K program? Write them down and keep in mind all of your internal allies.

Keeping a log and journal of your progress will keep you connected to your vision and goals and help you complete your 10K in the very best of health and good spirits.

APPENDIX D:

Determine your Cadence and Use a Metronome

In Chi Running, you maintain a steady cadence at all speeds. An ideal cadence is 170-180 strides per minute (spm)*. When you want to go faster, you'll lengthen your stride to increase your speed, rather than increasing your leg turnover. By maintaining a steady cadence you'll find that your running form will be much more efficient and relaxed, and your legs will feel great after each run.

Buying a metronome

Danny has done his homework and has found the best portable metronome on the market. It's small, lightweight, and will clip onto your shirt or shorts. You can purchase the metronome from www.ChiRunning.com if you don't already have one.

Getting familiar with the metronome

Get familiar with the buttons so that you don't have to hassle with them while you're running. The metronome we sell has four main functions: power, volume, tempo and tone. We suggest you choose a volume and tone on your metronome before you go running. Then all you have to do when you turn it on is adjust the tempo.

Practice an Ideal Cadence

Before you begin: If you're tall or long legged, your cadence should be closer to 170 spm*. Over time, if you're short or have shorter legs, you should shoot for a cadence of 180 spm. Tall or long-legged runners should aim to run at no less than a 170 spm cadence.

1. Stand in a staggered posture stance. Turn on the metronome, and set it to a beat of 170-180 spm. Hold the metronome in one hand and bend both arms to 90 degrees.
2. Begin to swing your arms naturally, focusing on sending them gently rearward with each swing. Every time your elbows reach the back of their swing, make sure each elbow matches the beep of the metronome.
3. Continue practicing this until you feel comfortable swinging your arms at at this cadence.
4. Slowly transition into running at a nice, slow warm-up pace, maintaining your cadence. Body Sense what it feels like to run with this new cadence. Keeping your stride very short while synching with your metronome helps immensely.

*Note: SPM (steps per minute) refers to the total steps you take in one minute with both feet (or the number of times both arms swing per minute).

Is it necessary to listen to the metronome for the entire run?

We have gotten those crazy looks from fellow track runners, too! The waltz beat and the 10 minute check-in are good alternatives for ways to use the metronome without having to listen to it beep 170-180 times per minute for the entire run.

The waltz beat

Once you can run at a steady cadence and match the metronome with your stride, you can run with the metronome beeping once every three strides. Since the Chi Running technique is all about learning balance, we suggest a waltz beat. It's like this: *right*, two, three ... *left*, two, three ... *right*, two, three and so on.

What's your waltz beat?

Take your current spm cadence and multiply it by .33. Reset your metronome to that new number. For example, if your cadence is 180 spm, you'd set your metronome at 60 spm and run to a three-count.

10 minute check in

You can take your metronome with you and check your cadence at the beginning of the run, once you have settled in. Once you know what your cadence is, turn off the metronome. Then, every ten minutes, during the run, you'll turn on the metronome for one minute and check to see that your cadence is still where it was when you started. If you've sped up or slowed down, you can adjust your stride accordingly.

We recommend this only in the later weeks of training, when you're *really* comfortable with your natural cadence.

Remember!

Training with a metronome is the best way to train your body to keep a steady cadence. Maintaining a steady cadence is the key to mastering gears and stride length. If you can maintain a steady cadence with the help of a metronome, you'll quickly learn how to lengthen your stride as you speed up and shorten your stride as you slow down.

APPENDIX E:

Heart Rate Training

Heart rate monitors are a convenient and easy-to-use tool for measuring your heart rate. Danny uses a Polar Heart Rate Monitor, RS100, available at Chi Running.com. You can also measure your pulse manually by pressing your fingertips on the side of your neck just below your jawbone. If you'd like to measure your pulse in the middle of a run or at the end of an interval, just stop and count your pulse for 15 seconds then multiply that number by four to get your heart beats per minute. If you stop for too long in the midst of a run, your heart rate will slow down and not give you an accurate reading.

Your Aerobic Zone

To run within your aerobic zone it is important to know what your maximum aerobic heart rate is. The best formula for figuring your maximum aerobic heart rate was developed by Dr. Philip Maffetone. He calls it the "180 Formula."

To find your maximum aerobic heart rate:

1. Subtract your age from 180 ($180 - \text{age}$).
2. Modify this number according to which of the following categories you fall into:
 - A. Subtract 10 – If you are recovering from a major illness, surgery or you're on any regular medication.
 - B. Subtract 5 – If you have not exercised before, have been injured, have regressed in your running, get colds often or have allergies.
 - C. Subtract 0 – If you have been exercising for up to two years with no real problems and have not had colds or flu more than once or twice a year.
 - D. Add 5 – If you have been exercising for more than two years with no problems and you're making progress in competition without injury.

Example:

If you are **40** years old and fit into **category A**:

Subtract your age from 180: $180 - 40 = 140$

Then, subtract 10 for category A: $140 - 10 = \mathbf{130}$

So, **130** is your maximum aerobic heart rate and will feel like a PRE of 7. See manual p. 5 for more on PRE (Perceived Rate of Exertion).

For efficient base building (Phases I and II), you should always train at or below a PRE of 4-5. In Phase III, for your long runs you can train at a PRE of 6 and in your speed workouts, you can choose to run at an anaerobic heart rate (PRE of 8), if you so desire. However, during Phase I and II, as you build your aerobic conditioning, it is important to train only within your aerobic zone.

I've heard many reports from runners who have run faster times in races (from 5Ks to marathons) training strictly aerobically and without doing any speed work. So, if you're interested in running faster by easing up on the gas pedal, give it a try. When you can train at your maximum aerobic heart rate and take full advantage of using the Chi Running Focuses, you'll see how easy it is to run at faster speeds without your body feeling an increase in effort ... and I'm definitely not pulling your leg.

As you train within your aerobic zone you'll eventually be able to run faster speeds while still staying within your aerobic zone. In short, you'll be running faster without working harder. What a deal!

APPENDIX F:

Pace Chart and Mile/Km Conversion Tables

Pace Chart

Following is a pace chart that will show either: how long you can expect to be running once you've determined the average pace you hope to maintain during your event, or, what your pace needs to be if you have a specific time goal. We've listed cumulative times for significant mileposts along your 10K route.

The mileposts are:

1 mile, 2 miles, 5K, 4 miles, 5 miles, 10K.

These times are calculated relative to a steady pace throughout the run, so use them only to approximate where you should be if you're aiming for a specific overall time.

For more information on dealing with fatigue, see p. 50 of this manual.

The best way to pace yourself for the 10K and your long run in Phase III is to run the first mile at a relaxing pace (a PRE of 4-5) well within your aerobic capacity (at least 30 seconds per mile slower than the average pace you expect to run for the entire race). This will help insure that you don't burn up too much of your fuel at the beginning and have nothing left for the last miles. Running slowly at the beginning helps to set up your body to burn fuel at a slower rate and conserve valuable muscle glycogen. After the first mile, pick up the pace slightly to a PRE of 5-6. Then, just settle in and do what you need to continue running relaxed. At any time, if you feel the need to rest, drop your PRE and pick it up again when you feel recovered.

How to Learn Pacing

Once you can run consistent 1/4 mile splits on a track in 2nd gear, try to Body Sense your PRE (which should be 4 on a scale of 1-10) and "physically" memorize what it feels like. Then go out onto a road and duplicate the same sense of movement and PRE that you had on the track. After about 10 minutes, run back to the track and check to see if you're still running the same pace as you were when you left the track. Practice makes perfect ... and patience is a virtue!

10K PACE CHART

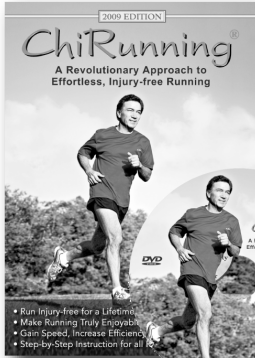
| DISTANCE/TIME | | | | | | |
|---------------|-------|-------|----------------|-------|---------|-----------------|
| Time/ Mile | 1 mi | 2 mi | 5K (3.1 mi) | 4 mi | 5 mi | 10K (6.2 mi) |
| 5:40 | 5:40 | 11:20 | 17:36 | 22:40 | 28:20 | 35:12 |
| 6:00 | 6:00 | 12:00 | 18:39 | 24:00 | 30:00 | 37:17 |
| 6:20 | 6:20 | 12:40 | 19:41 | 25:20 | 31:40 | 39:22 |
| 6:40 | 6:40 | 13:20 | 20:43 | 26:40 | 33:20 | 41:26 |
| 7:00 | 7:00 | 14:00 | 21:45 | 28:00 | 35:00 | 43:30 |
| 7:20 | 7:20 | 14:40 | 22:47 | 29:40 | 36:40 | 45:34 |
| 7:40 | 7:40 | 15:20 | 23:49 | 31:20 | 38:20 | 47:38 |
| 8:00 | 8:00 | 16:00 | 24:51 | 32:00 | 40:00 | 49:42 |
| 8:20 | 8:20 | 16:40 | 25:53 | 33:20 | 41:40 | 51:46 |
| 8:40 | 8:40 | 17:20 | 26:56 | 34:40 | 43:20 | 53:50 |
| 9:00 | 9:00 | 18:00 | 27:58 | 36:00 | 45:00 | 55:54 |
| 9:20 | 9:20 | 18:40 | 29:00 | 37:20 | 46:40 | 57:58 |
| 9:40 | 9:40 | 19:20 | 30:02 | 38:40 | 48:20 | 1:00:02 |
| 10:00 | 10:00 | 20:00 | 31:04 | 40:00 | 50:00 | 1:01:06 |
| 10:20 | 10:20 | 20:40 | 32:06 | 41:20 | 51:40 | 1:02:10 |
| 10:40 | 10:40 | 21:20 | 33:08 | 42:40 | 53:20 | 1:03:14 |
| 11:00 | 11:00 | 22:00 | 34:10 | 44:00 | 55:00 | 1:04:18 |
| 11:20 | 11:20 | 22:40 | 35:11 | 45:20 | 56:40 | 1:05:22 |
| 11:40 | 11:40 | 23:20 | 36:13 | 46:40 | 58:20 | 1:06:26 |
| 12:00 | 12:00 | 24:00 | 37:15 | 48:00 | 1:00:00 | 1:07:30 |
| 12:20 | 12:20 | 24:40 | 38:17 | 49:20 | 1:01:40 | 1:08:34 |
| 12:40 | 12:40 | 25:20 | 39:19 | 50:40 | 1:03:20 | 1:09:38 |

All times in **min:sec** or **hr:min:sec** format



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