



## ***P90X3 10k Training Plan***

### **Glossary of Workouts**

#### **BASE Run**

Duration of BASE Runs is indicated by the number in the title (e.g. BASE Run 30 indicates that the duration of the workout is 30 minutes) or by mileage. All BASE Runs are to be done between 55 and 75% of maximum heart rate. You can use an online formula or a field test to get your max heart rate if you wish. However, in general, this means that the run should be done at a “conversational” pace. It’s ok to be a little “breathy” but you should be able to have a conversation with only a little trouble during these runs. I even recommend walking periodically to get heart rate back under control if you can’t run the entire duration in a conversational state at first.

#### **BASE Run SI 35 (1-minute intervals)**

Total workout duration is 30 minutes. SI stands for speed intervals.

10 min warmup easy

6 x 1 minute controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

#### **BASE Run SI 50 (1-minute intervals)**

Total workout duration is 50 minutes. SI stands for speed intervals.

10 min warmup easy

8 x 2 min controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time



### **BASE Run SI 50 (2-minute intervals)**

Total workout duration is 50 minutes. SI stands for speed intervals.

10 min warmup easy

6 x 2 min controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

### **BASE Run Hills 30**

Warm up 10 min at 55-75% of max HR

4 x 2 min hills with 1 min recoveries

Cooldown the rest of the time

### **BASE Run Hills 45**

Warm up 10 min at 55-75% of max HR

4 x 5 min hills with 2 min recoveries

Cooldown the rest of the time

### **P90X3 Workouts**

Workouts with “P90X3” in the title indicate a specific workout DVD available through the Beachbody P90X3 home DVD workout program. This training plan cannot be accomplished as planned without that DVD set. If you already have a Beachbody Coach that you work with, please get it from them. If you do not have a coach, please get it through me by contacting me at [ryan@tribasetraining.com](mailto:ryan@tribasetraining.com). I will help you get it on demand or via DVD for the best price.



## Daily Training Schedule

<b>Day 1</b> P90X3 - Dynamix	<b>Day 2</b> BASE Run 30	<b>Day 3</b> P90X3 – Total Synergistics	<b>Day 4</b> BASE Run 30	<b>Day 5</b> P90X3 – The Warrior	<b>Day 6</b> BASE Run 20 P90X3 – X3 Yoga	<b>Day 7</b> BASE Run 40
<b>Day 8</b> P90X3 - Dynamix	<b>Day 9</b> BASE Run 30	<b>Day 10</b> P90X3 – Total Synergistics	<b>Day 11</b> BASE Run 30	<b>Day 12</b> P90X3 – The Warrior	<b>Day 13</b> BASE Run 20 P90X3 – X3 Yoga	<b>Day 14</b> BASE Run 50
<b>Day 15</b> P90X3 - Dynamix	<b>Day 16</b> BASE Run 30	<b>Day 17</b> P90X3 – Total Synergistics	<b>Day 18</b> BASE Run 30	<b>Day 19</b> P90X3 – The Warrior	<b>Day 20</b> BASE Run 20 P90X3 – X3 Yoga	<b>Day 21</b> BASE Run 60
<b>Day 22</b> P90X3 - Dynamix	<b>Day 23</b> BASE Run 30	<b>Day 24</b> P90X3 – Isometrix	<b>Day 25</b> BASE Run 30	<b>Day 26</b> P90X3 – Pilates X	<b>Day 27</b> BASE Run 20 P90X3 – X3 Yoga	<b>Day 28</b> BASE Run 45



<b>Day 29</b> P90X3 - Dynamix	<b>Day 30</b> BASE Run 30 P90X3 - Triometrics	<b>Day 31</b> P90X3 – Eccentric Upper	<b>Day 32</b> BASE Run SI 35 (1-minute intervals)	<b>Day 33</b> P90X3 – Eccentric Lower	<b>Day 34</b> BASE Run 20 P90X3 - Yoga	<b>Day 35</b> BASE Run 5 miles
<b>Day 36</b> P90X3 - Dynamix	<b>Day 37</b> BASE Run 40 P90X3 – Agility X	<b>Day 38</b> P90X3 – Eccentric Upper	<b>Day 39</b> BASE Run Hills 30	<b>Day 40</b> P90X3 - Incinerator	<b>Day 41</b> BASE Run 30 P90X3 – X3 Yoga	<b>Day 42</b> BASE Run 6 miles
<b>Day 43</b> P90X3 - Dynamix	<b>Day 44</b> BASE Run 40 P90X3 – Triometrics	<b>Day 45</b> P90X3 – Eccentric Upper	<b>Day 46</b> BASE Run SI 35 (1-minute intervals)	<b>Day 47</b> P90X3 – Eccentric Lower	<b>Day 48</b> BASE Run 30 P90X3 – X3 Yoga	<b>Day 49</b> BASE Run 7 miles
<b>Day 50</b> P90X3 - Dynamix	<b>Day 51</b> BASE Run 30 P90X3 – Agility X	<b>Day 52</b> P90X3 – Isometrics	<b>Day 53</b> BASE Run Hills 30	<b>Day 54</b> P90X3 – Pilates X	<b>Day 55</b> BASE Run 20 P90X3 - Yoga	<b>Day 56</b> BASE Run 5 miles



<b>Day 57</b> P90X3 - Dynamix	<b>Day 58</b> BASE Run 40 P90X3 - Decelerator	<b>Day 59</b> P90X3 – Total Synergetics	<b>Day 60</b> BASE Run SI 50 (2-minute intervals)	<b>Day 61</b> P90X3 - Triometrics	<b>Day 62</b> BASE Run 30	<b>Day 63</b> BASE Run 6 miles
<b>Day 64</b> P90X3 - Dynamix	<b>Day 65</b> BASE Run 40 P90X3 – Agility X	<b>Day 66</b> P90X3 – Eccentric Upper	<b>Day 67</b> BASE Run Hills 45	<b>Day 68</b> P90X3 – Eccentric Lower	<b>Day 69</b> BASE Run 30	<b>Day 70</b> BASE Run 7 miles
<b>Day 71</b> P90X3 - Dynamix	<b>Day 72</b> BASE Run 40 P90X3 - Decelerator	<b>Day 73</b> P90X3 – Total Synergetics	<b>Day 74</b> BASE Run SI 50 (1-minute intervals)	<b>Day 75</b> P90X3 - Triometrics	<b>Day 76</b> BASE Run 30	<b>Day 77</b> BASE Run 8 miles
<b>Day 78</b> P90X3 - Dynamix	<b>Day 79</b> BASE Run 40 P90X3 – Agility X	<b>Day 80</b> P90X3 – Eccentric Upper	<b>Day 81</b> BASE Run Hills 45	<b>Day 82</b> P90X3 – Eccentric Lower	<b>Day 83</b> BASE Run 30	<b>Day 84</b> Base Run 6 miles



<b>Day 85</b>	<b>Day 86</b>	<b>Day 87</b>	<b>Day 88</b>	<b>Day 89</b>	<b>Day 90</b>	<b>Day 91</b>
P90X3 - Dynamix	BASE Run 20	P90X3 – X3 Yoga BASE Run 20	BASE Run 20	P90X3 - Dynamix	BASE Run 15	10K Race