

10-Week Training Guide



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lululemon 10K

MIAMI 2025

Get ready to chase the sun in 10, 9, 8...

Here's all the prep you'll need for the lululemon 10K in Miami—a 10-week training plan developed by lululemon Ambassador **Rob Watson**. Whether you're here to hit goals or for some fun in the sun, it's full of pro tips to help you soak up every second.

Using an effort scale, this guide focuses on feeling. That whoa-I-didn't-know-I-could-run-that-far feeling. Or that well-deserved-rest-day feeling. Run, jog, walk, or wheel our first-ever Miami course—everyone's invited.



Meet Rob.

Born in London, Ontario, Rob Watson is a competitive long-distance runner and coach. He entered his first 10K race at the ripe age of six and hasn't stopped running since. Today, Rob is a 4x Canadian National Champion and 9x Team Canada athlete. Turns out he's as good as he is dedicated.

No pressure,
no limits—
just good
vibes and
breathtaking
views.

Effort scale

The beauty of running is that it feels different for everyone. A sprint for some might be a jog for others. That's why this training program focuses on effort, not speed.

As you follow along week by week, return to this effort scale. It will help you decipher what level of effort feels right for you (and only you) during each activity.



1	Walk	Out for a stroll.
2	Fast Walk	A great warm-up if you're new to running.
3	Very Easy Jog	Feels like a warm-up or recovery jog, or a restful jog in between sprints.
4	Base Pace	The pace your legs settle into naturally. You can run comfortably and hold a conversation with your running buddy.
5	Picking It Up	Feeling great and moving well. You're still chatting with your running buddy but choosing your words wisely.
6	Steady Pace	You're breathing heavier and conversations are getting brief.
7	10K Race Effort	Steady, fast, and in control. You're in race mode.
8	Fast +	Faster than race mode, as if you're running a 5K instead.
9	Fast ++	You're flying now. You could only hold this pace for about 5 minutes max.
10	All Out	A full-on sprint. You'll rarely run at this pace.



Pace conversion chart

Min per Mile	Min per KM	MPH	KMPH	5K Finishing Time	10K Finishing Time	Half Marathon Time
7:00	4:21	8.6	13.8	0:21:45	0:43:30	1:31:46
7:30	4:40	8	12.9	0:23:18	0:46:36	1:38:19
8:00	4:58	7.5	12	0:24:51	0:49:43	1:44:52
8:30	5:17	7.06	11.4	0:26:24	0:52:49	1:51:26
9:00	5:36	6.7	10.7	0:27:58	0:55:55	1:57:59
9:30	5:54	6.3	10.2	0:29:31	0:59:02	2:04:32
10:00	6:13	6	9.7	0:31:04	1:02:08	2:11:06
10:30	6:32	5.7	9.2	0:32:37	1:05:15	2:17:39
11:00	6:50	5.5	8.8	0:34:11	1:08:21	2:24:12
11:30	7:09	5.2	8.4	0:35:44	1:11:27	2:30:45
12:00	7:27	5	8	0:37:17	1:14:34	2:37:19
12:30	7:46	4.8	7.7	0:38:50	1:17:40	2:43:52
13:00	8:05	4.6	7.4	0:40:23	1:20:47	2:50:25
13:30	8:23	4.4	7.2	0:41:57	1:23:53	2:56:59
14:00	8:42	4.3	6.9	0:43:30	1:27:00	3:03:33

Every
activity
in this
training
plan:
explained.

Long Run

One of the most important runs, they increase endurance and aerobic capacity. The extra length strengthens your musculoskeletal system to help fight muscular fatigue.



Easy Run

Do most of your training at this comfortable, conversational pace to build a solid base for higher-intensity training. You should never be “pushing it” on easy runs.

Tempo Run

Tempo runs let your body clear as much lactate as it produces, increasing endurance. You should not be able to hold a conversation at this pace.

Strides

Short, 15-25 second controlled sprints. Do sets of 4-10 starting at interval pace and working up to a full sprint. Do these near the start or end of your run.

Hills

A fairly low impact way to increase power, running economy, and speed. Longer hills build power while shorter hills develop both power and speed.

Speed Work

These workouts are meant to push you to the limit so you can improve your form and endurance. Think short and intense sprints followed by an equal or slightly longer recovery time.



Mindfulness

Set intentions for the week, write down your goals, and remind yourself of your purpose for running.

Yoga

Runners are generally pretty tight, especially in our hips, hamstrings, and calves. Yoga is a great way to increase mobility.

Effort Scale

Your unique level of effort on a scale from 1-10. 1 is your walk, 10 is your all-out sprint, and 7 is your race pace. Complete each activity based on the effort level that feels right for you (and only you).

Low Impact Workout

Do an activity that will aid in recovery like stretching, rolling-out, core work, yoga, mobility, or meditation.

Run like
nothing's
holding
you back.

Week 1

<p>MONDAY</p> <h2>Mindful Monday</h2> <p>Pause. Breathe. Set your intentions for the week.</p>	<p>TUESDAY</p> <h2>Easy Run</h2> <p>1-3M (1.5-5km) jog or walk. Aim for a 3-4 on the effort scale.</p>
<p>WEDNESDAY</p> <h2>Low Impact Workout</h2>	<p>THURSDAY</p> <h2>Easy Run</h2> <p>1-3M (1.5-5km) jog or walk. Aim for a 3-4 on the effort scale.</p>
<p>FRIDAY</p> <h2>Rest Day</h2>	<p>SATURDAY</p> <h2>Long Run</h2> <p>2-4M (3-6.5km) run. Aim for a 3-4 on the effort scale.</p>
<p>SUNDAY</p> <h2>Low Impact Workout</h2>	<h2>Pro Tip</h2> <p>The first week is all about setting intentions, establishing a routine, and getting into the right mindset. Be kind to yourself—we're just getting started.</p>

Week 2

<p>MONDAY</p> <h2>Mindfulness + Easy Run</h2> <p>Write down your goals for the week. Then go for a 1-3M (1.5-5km) jog at a 3-4 on the effort scale.</p>	<p>TUESDAY</p> <h2>Low Impact Workout</h2> <p>1-3M (1.5-5km) jog or walk. Aim for a 3-4 on the effort scale.</p>
<p>WEDNESDAY</p> <h2>Speed Work</h2> <p>1M (1.5km) jog or walk to warm up. Run at 6-7 effort for 45 sec. Recover at 2-3 effort for 75 sec. Repeat 8-12 times.</p>	<p>THURSDAY</p> <h2>Easy Run</h2> <p>1-3M (1.5-5km) jog or walk. Aim for a 3-4 on the effort scale.</p>
<p>FRIDAY</p> <h2>Easy Run</h2> <p>1-4M (1.5-6.5km) jog. Aim for a 3-4 on the effort scale.</p>	<p>SATURDAY</p> <h2>Rest Day</h2>
<p>SUNDAY</p> <h2>Long Run</h2> <p>2-4M (3-6.5km) run. Aim for a 3-4 on the effort scale.</p>	<h2>Pro Tip</h2> <p>We're picking up the pace, so take your recovery seriously. Avoid two hard days in a row and refuel with good nutrition, hydration, and sleep.</p>

Week 3

MONDAY

Mindful Monday

Jump start the day with a mindfulness check-in. What goals do you have for the week?

TUESDAY

Easy Run

1-3M (1.5-5km) jog.
Aim for a 3-4 on the effort scale.

WEDNESDAY

Speed Work

1M (1.5km) jog or walk to warm up.
Run at 7-10 effort for 90 sec.
Run 8-10 effort for 60 sec.
Run 9-10 effort for 30 sec.
Repeat 3-4 times with a walk or light jog in between to recover.

THURSDAY

Low Impact Workout

FRIDAY

Easy Run

1-4M (1.5-6.5km) jog.
Aim for a 3-4 on the effort scale.

SATURDAY

Rest Day

SUNDAY

Long Run

2-5M (3-8km) run.
Aim for a 3-4 on the effort scale.

Pro Tip

With speed work, it's better to start off too slow and ease into the pace. Be patient with yourself—pacing is an art and practice makes progress.

Week 4

MONDAY

Mindful Monday

Set an intention for the week and get grounded with some meditation.

TUESDAY

Easy Run

1-3M (1.5-5km) jog.
Aim for a 3-4 on the effort scale.

WEDNESDAY

Speed Work

For Speed: Run at 7.5-8.5 effort for 60 sec. Recover at 1-3 effort for 60 sec. Repeat 10 times.
For Hills: Run at 7-8.5 effort uphill. Walk or jog back down at 1-3 effort to recover. Repeat 6-10 times.

THURSDAY

Low Impact Workout

FRIDAY

Tempo Run

1M (1.5km) walk or light jog to warm up.

SATURDAY

Rest Day

SUNDAY

Long Run

2-5M (3-8km) run.
Aim for a 3-4 on the effort scale.

Pro Tip

Hills are all about effort and form. Don't worry about pace—just focus on getting in the reps and moving your legs. You got this.

Week 5

MONDAY

Mindful Monday

You're halfway there. Check in on those week one intentions and write down your progress so far.

TUESDAY

Easy Run

2-4M (3-6.5km) jog.
Aim for a 3-4 on the effort scale.

WEDNESDAY

Run With Strides

1-3M (1.5-5km) run.
Aim for a 3-5 on the effort scale.
Toward the end of your run, add in fast and fluid strides for 15-20 sec. Repeat 6 times.

THURSDAY

Low Impact Workout

FRIDAY

Tempo Run

1M (1.5km) walk or light jog to warm up.

SATURDAY

Rest Day

SUNDAY

Long Run

2-6M (3-9.5km) run.
Aim for a 3-4 on the effort scale.

Pro Tip

Tempo runs are all about finding that sweet spot between easy and overexertion. Stay focused and do what feels best for your body. Most importantly: remember to rest.

Week 6

<p>MONDAY</p> <h2>Mindful Monday</h2> <p>Stay present and grounded with some meditation and journaling.</p>	<p>TUESDAY</p> <h2>Run</h2> <p>2-4M (3-6.5km) run. Aim for a 3-5 on the effort scale.</p>
<p>WEDNESDAY</p> <h2>Speed Work</h2> <p>1M (1.5km) jog or walk to warm up. Run at 7-8 effort for 2 min. Recover at 1-3 effort for 2 min. Repeat 4-8 times.</p>	<p>THURSDAY</p> <h2>Low Impact Workout</h2>
<p>FRIDAY</p> <h2>Tempo Run</h2> <p>1M (1.5km) walk or light jog to warm up. Run for 20 mins at a steady 5-7 effort. Feel free to start at a 5 and speed up to a 7 for the last 5 mins of the run.</p>	<p>SATURDAY</p> <h2>Rest Day</h2>
<p>SUNDAY</p> <h2>Fast Finish Long Run</h2> <p>2-6M (3-9.5km) run at a 3-4 effort. Then speed up to a 5-6 effort for the last mile.</p>	<h2>Pro Tip</h2> <p>The fast finish long run is the perfect combination of physical and mental strength. Stay positive and remember your why for that final push—you might surprise yourself.</p>

Week 7

MONDAY

Mindful Monday

How are you feeling so far? Take today to meditate and check in on your mindset.

TUESDAY

Run

2-4M (3-6.5km) run.
Aim for a 3-5 on the effort scale.

WEDNESDAY

Speed Cutdown

1M (1.5km) jog or walk to warm up. Run 3 mins at a 7 effort. Run 2 mins at an 8 effort. Run 1 min at a 9 effort. Take a 90 second rest in between runs at a 1-3 effort. Take a 3 mins rest in between sets. Repeat 2-3 times.

THURSDAY

Low Impact Workout

FRIDAY

Tempo Run

1M (1.5km) walk or light jog to warm up. Run for 8 mins at a 6-7 effort. Then walk or slow jog for 4 min. Repeat 2-3 times.

SATURDAY

Rest Day

SUNDAY

Fast Finish Long Run

3-7M (1.5-11km) run.
Aim for a 3-5 on the effort scale.

Pro Tip

Pull back a bit this week to rest, recover, and re-energize before your final push to the starting line.

Week 8

MONDAY

Mindful Monday

We're in the final stretch. Take time for your mental health today to stay focused and feeling great.

TUESDAY

Run

2-5M (3-8km) run.
Aim for a 3-5 on the effort scale.

WEDNESDAY

Speed or Hills

For Speed: Run at 7.5-8.5 effort for 2 min. Recover at 1-3 effort for 2 min. Repeat 6-12 times.
For Hills: Run uphill for 60 seconds at 7.5-8.5 effort. Walk or jog back down at 1-3 effort to recover. Repeat 12 times.

THURSDAY

Low Impact Workout

FRIDAY

Tempo Run

1M (1.5km) walk or light jog to warm up.

SATURDAY

Rest Day

SUNDAY

Fast Finish Long Run

3-7M (5-11km) run at a 3-5 effort. Then speed up to a 6-7 effort for the last 2M.

Pro Tip

Keep things fresh by changing up your running routes. Any flat surface works—the scenery is up to you.

Week 9

<p>MONDAY</p> <h2>Mindful Monday</h2> <p>Meditate, journal, and stay motivated. We're so close to race week.</p>	<p>TUESDAY</p> <h2>Run</h2> <p>2-4M (3-6.4km) run. Aim for a 3-5 on the effort scale.</p>
<p>WEDNESDAY</p> <h2>Speed or Hills</h2> <p>1M (1.5km) jog or walk to warm up. Run 90 seconds fast/90 seconds recover OR 400m fast/200m recover. Start each run at a 7 effort and finish at an 8.5-9. Repeat 8-14 times.</p>	<p>THURSDAY</p> <h2>Low Impact Workout</h2>
<p>FRIDAY</p> <h2>Tempo Run</h2> <p>1M (1.5km) walk or light jog to warm up. Run for 10 mins at a 5-7.5 effort. Then walk or slow jog for 4 min. Repeat 2-3 times.</p>	<p>SATURDAY</p> <h2>Rest Day</h2>
<p>SUNDAY</p> <h2>Long Run</h2> <p>2-5M (3-8km) run. Choose the effort level that feels best for you.</p>	<h2>Pro Tip</h2> <p>Treat this week like a dress rehearsal. Train in the same gear you'll be wearing on race day. Make every detail the same and you'll avoid any surprises.</p>

Week 10

MONDAY

Mindful Monday

Set an intention for race week. How do you want to feel on that starting line?

TUESDAY

Speed Work

1M (1.5km) jog or walk to warm up.
Run 0.5M at a 7 effort.
Recover for 90 seconds-
2 minutes at a 1-3 effort.
Repeat 3-5 times.

WEDNESDAY

Rest Day

Save your legs for Sunday's running party.

THURSDAY

Run

1-3M (1.5-5km) run.
Aim for a 3-4 on the effort scale.

FRIDAY

Rest Day

Take today to relax, stretch, and mentally prepare for the race.

SATURDAY

Shakeout Run

1-2M (1.5-3km) jog.
Aim for a 2-4 on the effort scale.

SUNDAY

Iululemon 10K Miami 🏠

You made it. All that hard work is about to pay off.

Pro Tip

You've done all you can physically. Race week is all about mental prep. Visualize yourself crossing that finish line—and having fun along the way.

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LIVE LIKE
you are LIKE
10K



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