

BEGINNER'S 10K PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	WALK / RUN 20-MINS	WALK / RUN 20-MINS	REST	WALK / RUN 30-MINS	REST	RUN 10-MINS STRENGTH TRAINING & STRETCHING	WALK / RUN 30-MINS
WEEK 2	REST	WALK / RUN 25-MINS RUN 5-MINS	REST	RUN 10-MINS WALK 5-MINS RUN 10-MINS	STRENGTH TRAINING & STRETCHING	REST	WALK / RUN 40-MINS
WEEK 3	REST	RUN 12-MINS WALK 5-MINS RUN 12-MINS	CROSS TRAINING / CIRCUIT CLASS / SWIM / OR BIKE FOR 45-MINS	RUN 15-MINS STRENGTH TRAINING & STRETCHING	REST	RUN 15-MINS WALK 5-MINS RUN 10-MINS WALK 3-MINS RUN 5-MINS	RUN 20-MINS
WEEK 4	REST	RUN 20-MINS WALK 5-MINS RUN 15-MINS	REST	RUN 20-MINS STRENGTH TRAINING & STRETCHING	REST	REST	RUN 5-MINS EASY; 2-MINS FASTER REPEAT X 6
WEEK 5	REST	HILL TRAINING 25-MINS HILL REPEATS RUN UP; JOG DOWN TO RECOVER	REST	RUN 20-MINS STRENGTH TRAINING & STRETCHING	CROSS TRAINING / CIRCUIT CLASS / SWIM / OR BIKE FOR 45-MINS	REST	RUN 30-MINS RUN 5-MINS FASTER RUN 15-MINS
WEEK 6	REST	HILL TRAINING 25-MINS HILL REPEATS RUN UP; JOG DOWN TO RECOVER	RUN 20-MINS STRENGTH TRAINING & STRETCHING	REST	RUN 20-30- MINS EASY	REST	RUN 10K