

BEGINNER 10K TRAINING PROGRAM

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest/Walk	2 mi Run	20 min cross-train	1.5 mi Run	Rest	30 min cross-train	2 mi Run
2	Rest/Walk	2 mi Run	20 min cross-train	1.5 mi Run	Rest	30 min cross-train	2.5 mi Run
3	Rest/Walk	2.5 mi Run	25 min cross-train	2 mi Run	Rest	35 min cross-train	3 mi Run
4	Rest/Walk	2.7 mi Run	30 min cross-train	2 mi Run	Rest	40 min cross-train	3.5 mi Run
5	Rest/Walk	2.5 mi Run	35 min cross-train	2 mi Run	Rest	45 min cross-train	4 mi Run
6	Rest/Walk	3 mi Run	35 min cross-train	2 mi Run	Rest	45 min cross-train	4 mi Run
7	Rest/Walk	3 mi Run	40 min cross-train	2 mi Run	Rest	50 min cross-train	4.5 mi Run
8	Rest/Walk	3 mi Run	40 min cross-train	2 mi Run	Rest	50 min cross-train	5 mi Run
9	Rest/Walk	3 mi Run	45 min cross-train	2 mi Run	Rest	55 min cross-train	5.5 mi Run
10	Rest/Walk	3 mi Run	30 min cross-train	2 mi Run	Rest	Rest	10K Race