

10KM BEGINNER TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	2.5 MILE RUN	30 MIN CROSS*	2 MILE RUN	REST	40 MIN CROSS*	3 MILE RUN
2	REST	2.5 MILE RUN	30 MIN CROSS*	2 MILE RUN	REST	40 MIN CROSS*	3.5 MILE RUN
3	REST	2.5 MILE RUN	35 MIN CROSS*	2 MILE RUN	REST	50 MIN CROSS*	4 MILE RUN
4	REST	3 MILE RUN	35 MIN CROSS*	2 MILE RUN	REST	50 MIN CROSS*	4 MILE RUN
5	REST	3 MILE RUN	40 MIN CROSS*	2 MILE RUN	REST	60 MIN CROSS*	4.5 MILE RUN
6	REST	3 MILE RUN	40 MIN CROSS*	2 MILE RUN	REST	60 MIN CROSS*	5 MILE RUN

*CROSS-TRAINING IDENTIFIED AS "CROSS" - AEROBIC EXERCISES WORK BEST. THIS COULD BE SWIMMING, CYCLING, WALKING OR EVEN SOME COMBINATION THAT COULD INCLUDE STRENGTH TRAINING.

10KM

BEGINNER TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	REST	3 MILE RUN	45 MIN CROSS*	2 MILE RUN	REST	60 MIN CROSS*	5.5 MILE RUN
8	REST	3 MILE RUN	30 MIN CROSS*	2 MILE RUN	REST	REST	10 KM RACE

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