



R U N

BASIC 10K TRAINING PROGRAM							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	2 mile run	Rest	1 mile run	Rest	30 min Walk	2 mile run
2	Rest	2 mile run	Rest	1 mile run	Rest	30 min Walk	2 mile run
3	Rest	2 mile run	Strength	1.5 mile run	Strength	45 min Walk	3 mile run
4	Rest	2 mile run	Strength	1.5 mile run	Strength	45 min Walk	3 mile run
5	Rest	3 mile run	Strength	2 mile run	Strength	45 min Walk	4 mile run
6	Rest	2 mile run	Rest	2 mile run	Strength	45 min Walk	4 mile run
7	Rest	3 mile run	Strength	2 mile run	Strength	45 min Walk	5 mile run
8	Rest	3 mile run	Strength	2 mile run	Rest	30 min Walk	5 mile run
9	Rest	3 mile run	Strength	2 mile run	Rest	30 min Walk	6 mile run
10	Rest	3 mile run	Rest	2 mile run	Rest	30 min Walk	7 mile run
11	Rest	1 mile run	Rest	2 mile run	Rest	Rest	3 mile run
12	Rest	2 mile run	Rest	2 mile run	Rest	Rest	10K Race

Quick Tips:

- Find YOUR comfortable pace for each run.
- Strength days should be body weight exercises – push-ups, lunges, squats, pull-ups, etc.

Getting Started:

- Visit your local running specialty store to get a pair of running shoes for your gait style.
- Use a timing piece to track your times and progress throughout the program.

Support:

- [Fitness & Endurance Training group](#) on Facebook.
- Email questions to tom@tiogawellness.com at anytime.