

10K Training Program for Beginners!

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Stretch & Strength	2.5 mile Run	30 min. Cross	2 mile run + Strength	Rest	40 min. Cross	3 mile Run
2	Stretch & Strength	2.5 mile Run	30 min. Cross	2 mile run + Strength	Rest	40 min. Cross	3.5 mile Run
3	Stretch & Strength	2.5 mile Run	35 min. Cross	2 mile run + Strength	Rest	50 min. Cross	4 mile Run
4	Stretch & Strength	3 mile Run	35 min. Cross	2 mile run + Strength	Rest	50 min. Cross	4 mile Run
5	Stretch & Strength	3 mile Run	40 min. Cross	2 mile run + Strength	Rest	60 min. Cross	4.5 mile Run
6	Stretch & Strength	3 mile Run	40 min. Cross	2 mile run + Strength	Rest	60 min. Cross	5 mile Run
7	Stretch & Strength	3 mile Run	45 min. Cross	2 mile run + Strength	Rest	60 min. Cross	5.5 mile Run
8	Stretch & Strength	3 mile Run	30 min. Cross	Rest	Rest	RAT RACE April 26 th !	Rest

Rest: Rest is just as important, if not more so, than the actual exercise. It allows the muscles time to heal and strengthen.

Run: Don't worry about how long it takes, just go the distance! Moderate intensity is best; you should be able to converse.

Cross: What cross-training you select depends on your preference – just keep it low-key. It could be swimming, walking, biking, or aerobics classes. These days should be “easy” days so you can recover from all the running.

Long Runs: Run the given distance, but don't worry about time. This should be enjoyable- stop and smell the roses or talk to a friend! Talking should be fairly easy.

Stretch & Strength: Do some easy stretching and a well balanced total-body strength training routine. This shouldn't be too difficult; it should be considered a rest day after your long Sunday runs.

Copies of this training schedule, as well as other good information, available at www.halhigdon.com