

## 10 Week Beginner 10K Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	15 Min Walk	(2 Min Run/1 Min Walk)x6	Rest	(2 Min Run/1 Min Walk)x8	Rest	(3 Min Run/2 Min Walk)x7	15 Min Walk
2	15 Min Walk	(4 Min Run/3 Min Walk)x4	Rest	(5 Min Run/3 Min Walk)x3	Rest	(5 Min Run/2 Min Walk)x4	15 Min Walk
3	15 Min Walk	(6 Min Run/3 Min Walk)x3	Rest	3 Min Jog + (1 Min Fast/1 Min Walk)x5 + 5 Min Jog	Rest	(10 Min Run/2 Min Walk)x2	15 Min Walk
4	15 Min Walk	3 Min Jog + 15 Min Run + 10 Min Walk	Rest	5 Min Jog + (2 Min Fast/1 Min Walk)x4 + 3 Min Jog	Rest	20 Min Run + 3 Min Walk + 5 Min Run	15 Min Walk
5	20 Min Walk	25 Min Run	Rest	5 Min Jog + (5 Min Fast/2 Min Walk)x2 + 5 Min Jog	Rest	3 Mile Run	15 Min Walk
6	20 Min Walk	2.5 Mile Run	Rest	5 Min Jog + (1 Min Fast/1 Min Walk)x8 + 5 Min Jog	Rest	4 Mile Run	15 Min Walk
7	20 Min Walk	3 Mile Run	Rest	5 Min Jog + (2 Min Fast/1 Min Walk)x6 + 5 Min Jog	Rest	5 Mile Run	20 Min Walk
8	20 Min Walk	3.5 Mile Run	Rest	5 Min Jog + (3 Min Fast/1 Min Walk)x5 + 5 Min Jog	Rest	6 Mile Run	15 Min Walk
9	25 Min Walk	4 Mile Run	Rest	5 Min Jog + (2 Min Fas/2 Min Walk)x5 + 5 Min Jog	Rest	4 Mile Run	10 Min Walk
10	15 Min Walk	2 Mile Run	Rest	15 Min Run	Rest	<b>Race Day!</b>	Rest

### Information to Remember:

Before starting this plan you should be able to Run/Walk 1.5 to 2 Miles or walk 45 minutes consistently. If you are not to that point yet, please get with me, and we can get you there. Please also consult with your doctor before beginning any new fitness plan.

Unless otherwise noted the miles should be done at a conversation pace. That means you should be able to talk and carry on a conversation during the running portion without being out of breath. Where "Fast" is listed, you should run this portion at a pace slightly faster than conversation pace, however, this should still seem comfortable and you should still feel strong at the end of your running days. This training plan also incorporates jogs. Jogs should be faster than a fast walk but slower than a conversational pace run. You are able to walk any portion of these runs, however, as the plan progresses try to shorten the length of time that you are walking. The most important part is to finish these workouts and get to raceday, the starting line, and the finish line healthy and feeling strong.

Please make sure to do a warm-up and cooldown prior to starting and at the end of each workout. A warm up could be simply walking before and after the workout. This will help slowly bring your heart rate up before the workout and slowly bring it down prior to the end of the workout.

If you feel like doing more on a rest day, you can, however, make it an activity other than running. A strength session, a bike ride, an elliptical workout, ect, would be a good choice.

You can set up many of these workouts on fitness watches or on free applications on your smartphone. (Examples are Garmin and Runkeeper). If you need assistance on learning how to set these up please feel free to contact me via email and I can send you instructions on how to do so.

Most importantly, have fun with these workouts and do them with a friend or friends. You can adjust the days of the workouts to fit your schedule. If you need to miss a day that is okay, do not attempt to make up a day by stacking up workouts with no rest days.

A great night to do your Tuesday workouts will be at the Bluffton Parks 5 Week 5k Series. While you might not be finished with the 5k at the end of your workout, you can continue running or run/walk until you are finished.

If you have any questions with this plan please email me at [\*\*d.johnson.8381@gmail.com\*\*](mailto:d.johnson.8381@gmail.com)