

10K Training Plan

	MON	TUES	WED	THURS	FRI	SOLE SISTERS SATURDAY!	SUN
Wk 1 2/23 - 3/1				KICK-OFF NIGHT!	-----rest day-----	1.5 mi.	-----rest day-----
Wk 2 3/2 - 3/8	1 mi.	X Train	1 mi.	X Train		1.5 mi.	
Wk 3 3/9 - 3/15	1 mi.	X Train	1 mi.	X Train		2 mi.	
Wk 4 3/16 - 3/22	1.5 mi.	X Train	1.5 mi.	X Train		2.5 mi.	
Wk 5 3/23 - 3/29	1.5 mi.	X Train	1.5 mi.	X Train		2 mi.	
Wk 6 3/30 - 4/5	1.5 mi.	X Train	1.5 mi.	X Train		3 mi. ROAD RUNNER	
Wk 7 4/6 - 4/12	1.75 mi.	X Train	1.75 mi.	X Train		3.5 mi.	
Wk 8 4/13 - 4/19	1.75 mi.	X Train	1.75 mi.	X Train		4 mi.	
Wk 9 4/20 - 4/26	2 mi.	X Train	2 mi.	X Train		3.5 mi. COACH APPRECIATION	
Wk 10 4/27 - 5/3	2 mi.	X Train	2 mi.	X Train		4.5 mi.	
Wk 11 5/4 - 5/10	2.5 mi.	X Train	2.5 mi.	X Train		5 mi.	
Wk 12 5/11 - 5/17	2 mi.	X Train	2 mi.	X Train		5.5 mi.	
Wk 13 5/18 - 5/24	2 mi.	X Train	2 mi.	X Train		3 mi.	
Wk 14 5/25 - 5/31	1.5 mi.	X Train	1.5 mi.	X Train		10k Race Day!	

X Training Examples

Yoga, Pilates, Strength Training, Group Fitness, Stretching, etc.

IMPORTANT NOTES

Rest Days - you don't have to skip out on exercise completely, just take it easy and give your hard working legs a break.

*Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to consult a physician before beginning any new training plan.

