

# 10k Training Plan

	MON	TUES	WED	THURS	FRI	SOLE SISTERS SATURDAY!	SUN
<b>Wk 1</b> 3/6 - 3/12	1 mi.	X Train	1 mi.	X Train	Rest	1.5 mi.	Rest
<b>Wk 2</b> 3/13 - 3/19	1 mi.	X Train	1 mi.	X Train		2 mi.	
<b>Wk 3</b> 3/20 - 3/26	1.5 mi.	X Train	1.5 mi.	X Train		2.5 mi.	
<b>Wk 4</b> 3/27- 4/2	1.5 mi.	X Train	1.5 mi.	X Train		2 mi.	
<b>Wk 5</b> 4/3 - 4/9	1.5 mi.	X Train	1.5 mi.	X Train		3 mi.	
<b>Wk 6</b> 4/10 - 4/16	1.75 mi.	X Train	1.75 mi.	X Train		3.5 mi.	
<b>Wk 7</b> 4/17 - 4/23	1.75 mi.	X Train	1.75 mi.	X Train		4 mi.	
<b>Wk 8</b> 4/24- 4/30	2 mi.	X Train	2 mi.	X Train		3 mi. Road Runner	
<b>Wk 9</b> 5/1 - 5/7	2 mi.	X Train	2 mi.	X Train		4.5 mi.	
<b>Wk 10</b> 5/8 - 5/14	5 mi.	X Train	5 mi.	X Train		5 mi.	
<b>Wk 11</b> 5/15 - 5/21	4 mi.	X Train	4 mi.	X Train		5.5 mi.	
<b>Wk 12</b> 5/22 - 5/28	4 mi.	x Train	4 mi.	X Train		3 mi.	
<b>Wk 13</b> 5/29- 6/4	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.

