

10k Training Plan

	MON	TUES	WED	THURS	FRI	SOLE SISTERS SATURDAY!	SUN
Wk 1 2/26 - 3/3	1 mi.	X Train	1 mi.	X Train	<i>Rest</i>	1.5 mi.	<i>Rest</i>
Wk 2 3/4 - 3/10	1 mi.	X Train	1 mi.	X Train		1.5 mi.	
Wk 3 3/11 - 3/17	1 mi.	X Train	1 mi.	X Train		2 mi.	
Wk 4 3/18 - 3/24	1.5 mi.	X Train	1.5 mi.	X Train		2.5 mi.	
Wk 5 3/25 - 3/31	1.5 mi.	X Train	1.5 mi.	X Train		2 mi.	
Wk 6 4/1 - 4/7	1.5 mi.	X Train	1.5 mi.	X Train		3 mi. ROAD RUNNER	
Wk 7 4/8 - 4/19	1.75 mi.	X Train	1.75 mi.	X Train		3.5 mi.	
Wk 8 4/15 - 4/21	1.75 mi.	X Train	1.75 mi.	X Train		4 mi.	
Wk 9 4/22 - 4/28	2 mi.	X Train	2 mi.	X Train		3 mi. COACH APPRECIATION	
Wk 10 4/29 - 5/5	2 mi.	X Train	2 mi.	X Train		4.5 mi.	
Wk 11 5/6 - 5/12	2.5 mi.	X Train	2.5 mi.	X Train		5 mi.	
Wk 12 5/13 - 5/19	2 mi.	X Train	2 mi.	X Train		5.5 mi.	
Wk 13 5/20 - 5/26	2 mi.	x Train	2 mi.	X Train		3 mi.	
Wk 14 5/27 - 6/2	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.

