

## 10k Training Schedule

The following schedule should include a run at least three times per week. All running should be done at a relatively slow pace, and all walking should be done briskly. Of course, a proper warm up and cool down are required. This program starts conservatively. You can even fall a little behind and still get back on the program.

This program is in miles.

Week	Short	Medium	Long
1	2	3	3
2	2 (*hills)	3	3.5
3	2	3	4
4	2 (*hills)	3.5	4
5	2	3.5	4.5
6	2 (*hills)	3.5	5
7	2 (*hills)	4	5.5
8	2	4	6

It's three runs a week - one short, one medium, and one long. The short run is the same 2 miles every week, with the medium and long distance runs getting progressively longer each week.

It is suggested to try and fit in two days of cross-training or some form of other activity (no less than 20-30 minutes), even if it's just a brisk walk.

\*Hills 1) Walk 5 minutes warm up, run 5 minutes as warm up, then run 30 seconds up the hill jog/walk down, Repeat 6 times. Run or walk 5 minutes as a cool down.

If you can't keep up, or lose time from illness or injury, don't panic; stay at the level you can handle or go back a level until you are ready to move on.