

10K Novice



If you are not comfortable starting at 2.5-miles, begin with the 5K program to build endurance

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Stretch & strength	2.5-mile run	30 min. cross-train	2-mile run & strength	Rest	40 min. cross-train	3-mile run
2	Stretch & strength	2.5-mile run	30 min. cross-train	2-mile run & strength	Rest	40 min. cross-train	3.5-mile run
3	Stretch & strength	2.5-mile run	35 min. cross-train	2-mile run & strength	Rest	50 min. cross-train	4-mile run
4	Stretch & strength	3-mile run	35 min. cross-train	2-mile run & strength	Rest	50 min. cross-train	4-mile run
5	Stretch & strength	3-mile run	40 min. cross-train	2-mile run & strength	Rest	60 min. cross-train	4.5-mile run
6	Stretch & strength	3-mile run	40 min. cross-train	2-mile run & strength	Rest	50 min. cross-train	5-mile run
7	Stretch & strength	3-mile run	45 min. cross-train	2-mile run & strength	Rest	60 min. cross-train	5.5-mile run
8	Stretch & strength	3-mile run	30 min. cross-train	2-mile run	Rest	Rest	10K Race