***10K Run***

***Training Program***

**Training Goals**

1. Be able to complete a 10K (6.2 miles) in 1 hour or less
2. Improve running form
3. Complete the 10K feeling energized instead of exhausted

**Week 1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 1 mile run | Rest | 1 mile run | Rest | 30 min.  Brisk Walk | 1.5 mile run | Rest |

* Maintain a comfortable pace that feels easy enough to hold a conversation. If you're huffing and puffing, you're going too fast.
* Take regular walk breaks if necessary, but keep it to 1 minute in duration, then start running again.
* Ideally, on rest days you should do no exercise at all. But it's okay to cross-train with a no-impact activity like stretching, yoga, or swimming.

**Week 2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 1.5 mile run | Rest | 1 mile run | Rest | 40 min.  Brisk Walk | 2 mile Run | Rest |

* Again, take regular walk breaks if necessary. Maintain a comfortable pace.

**Week 3**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 2 mile run | Rest | 1.5 mile run | Rest | 40 min.  Brisk Walk | 2.5 mile run | Rest |

**Week 4**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 3 mile run | Rest | 2.5 mile run | Rest | 3 mile run | Run 5 min., accelerate 1 min.-repeat 3 times then run slowly for 2 min. | Rest |

* Maintain a comfortable pace that feels easy enough to hold a conversation. If you're huffing and puffing, you're going too fast.
* Take walk breaks if necessary, but keep it to 1 minute in duration, then start running again.
* Adjust the training schedule as necessary to fit your schedule. Don’t skip training days. If you’re short on time, just shorten the workout.
* Ideally, on rest days you should do no exercise at all. But it's okay to cross-train with a no-impact activity like stretching, yoga, or swimming.

**Week 5**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 3.5 mile run | Rest | Run 5 min., accelerate 1 min.-repeat 3 times then run slowly for 2 min. | Rest | 40 min.  Brisk Walk | 3.5 mile Run | Rest |

* Again, take walk breaks if necessary. Maintain a comfortable pace.

**Week 6**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 4.5 mile run | Rest | Run 5 min., accelerate 1 min.-repeat 4 times then run slowly for 6 min. | Rest | 40 min.  Brisk Walk | 4.5 mile run | Rest |

**Week 7**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 4.5 mile run | Rest | 3 mile run | Rest | 4.5 mile run | Run 5 min., accelerate 1 min.-repeat 3 times then run slowly for 2 min. | Rest |

* Maintain a comfortable pace that feels easy enough to hold a conversation. If you're huffing and puffing, you're going too fast.
* Take walk breaks if necessary, but keep it to 1 minute in duration, then start running again.
* Adjust the training schedule as necessary to fit your schedule. Don’t skip training days. If you’re short on time, just shorten the workout.
* Ideally, on rest days you should do no exercise at all. But it's okay to cross-train with a no-impact activity like stretching, yoga, or swimming.

**Week 8**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| Celebration run!!! | 40 min. Brisk Walk | Rest up for the Big Day! | Race Day!!! | 30 min. walk |  |  |

YOU DID IT!!! 😊