



## 10K New Runner Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4/26	Rest	2 m run	30 min cross	2 m run + strength	Rest	30 min cross	2 m run
5/3	Rest	2 m run	30 min cross	2 m run + strength	Rest	30 min cross	3 m run
5/10	Rest	3 m run	30 min cross	2 m run + strength	Rest	40 min cross	3 m run
5/17	Rest	3 m run	30 min cross	2 m run + strength	Rest	40 min cross	3 m run
5/24	Rest	3 m run	40 min cross	2 m run + strength	Rest	40 min cross	4 m run
5/31	Rest	3 m run	40 min cross	2 m run + strength	Rest	50 min cross	4 m run
6/7	Rest	3 m run	40 min cross	2 m run + strength	Rest	50 min cross	4 m run
6/14	Rest	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	5 m run
6/21	Rest	4 m run	45 min cross	2 m run + strength	Rest	60 min cross	5 m run
6/28	Rest	4 m run	45 min cross	2 m run + strength	Rest	60 min cross	6 m run
7/5	Rest	4 m run	45 min cross	2 m run + strength	Rest	60 min cross	6 m run
7/12	Rest	4 m run	2 m run	Rest	Rest	Race Day	

\*cross = bike, hike power walk, swim.....

\* strength = weight training, yoga, core strengthening exercises.....