

TWIN CITIES ORTHOPEDICS'

# WOMEN RUN THE CITIES

PRESENTED BY PNC BANK

# 10K TRAINING SCHEDULE

presented by Moms on the Run

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	2 mile run	25 min cross train/strength	2 mile run	Rest	3 mile run	30 min cross train/strength
2	Rest	3 mile run	30 min cross train/strength	3 mile run 6x1 strides	Rest	3.5 mile run	35 min cross train/strength
3	Rest	3 mile run	30 min cross train/strength	3 mile run	Rest	4 mile run	35 min cross train/strength
4	Rest	3 mile run	35 min cross train/strength	3 mile run 6x1 strides	Rest	4.5 mile run	40 min cross train/strength
5	Rest	3.5 mile run	25 min cross train/strength	2 mile run	Rest	5 mile run	45 min cross train/strength
6	Rest	4 mile run	20 min cross train/strength	3 mile run 6x1 strides	Rest	5.5 mile run	50 min cross train/strength
7	Rest	2 mile run	20 min cross train/strength	3 mile run	Rest	3 mile run	55 min cross train/strength
8	Rest	3 mile run	Rest	2 mile run 6x1 strides	Rest	1 mile run	<b>RACE DAY!!</b>

Notes- **Day Off** - No working out. Use these days to rest and recover. Also can use this day as a make-up day if life gets busy. **Run Days** - Run the suggested miles at an easy/conversational pace and on the days with strides, i.e., sprints about 1 city block long with equal amount of recovery. **Cross Train Days/Strength** - Lets work our hearts but rest our legs and still build our cardiovascular system: elliptical, cycle, swim, etc. **Strength** - Light weights and/or body weight exercises: planks, pushups, dips, lunges, squats, circuit training, etc. **Long Run** - Run the suggested amount of miles at an easy/conversational pace. This plan was developed by Olympian Carrie Tollefson, the National Fitness Director for Moms on the Run. She encourages athletes to take walk breaks when needed and to listen to their bodies. Join Moms on the Run for a more detailed and structured plan.