

# 10K TRAINING SCHEDULE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	2 mile run	Cross Training or Rest	2 mile run	Rest Day	3.5 mile run	30-35 min run or Cross Training
2	Rest	2.5 mile run	Cross Training or Rest	2 mile run	Rest Day	3.5 mile run	35 min run or Cross Training
3	Rest	3 mile run	Cross Training or Rest	2.5 mile run	Rest Day	4 mile run	35-40 min run or Cross Training
4	Rest	3 mile run	Cross Training	2.5 mile run	Rest Day	4.5 mile run	35-40 min run or Cross Training
5	Rest	3.5 mile run	Cross Training	3 mile run	Rest Day	5 mile run	40 min run or Cross Training
6	Rest	3 mile run	Cross Training or Rest	2 mile run	Rest Day	Rest	<b>RACE DAY!!</b>