

TWIN CITIES ORTHOPEDICS'

WOMEN RUN THE CITIES

PRESENTED BY PNC BANK

10 MILE 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	Rest	4 mile run	35 min cross train/strength
3	Rest	2 mile run	30 min cross train/strength	2 mile run	Rest	5 mile run	40 min cross train/strength
4	Rest	3 mile run	35 min cross train/strength	3 mile run 6x1 strides	Rest	6 mile run	35 min cross train/strength
5	Rest	2 mile run	35 min cross train/strength	4 mile run	Rest	4 mile run	30 min cross train/strength
6	Rest	3 mile run	40 min cross train/strength	5 mile run 6x1 strides	Rest	7 mile run	40 min cross train/strength
7	Rest	2 mile run	40 min cross train/strength	4 mile run	Rest	8 mile run	45 min cross train/strength
8	Rest	3 mile run	30 min cross train/strength	5 mile run 6x1 strides	Rest	9 mile run	50 min cross train/strength
9	Rest	2 mile run	20 min cross train/strength	4 mile run	Rest	7 mile run	55 min cross train/strength
10	Rest	3 mile run	Rest	3 mile run 6x1 strides	Rest	2 mile run	RACE DAY!!

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. **All of our plans encourage our athletes to take walk breaks when needed and to listen to their bodies. This is an example of a program. Join Moms on the Run for a more detailed and structured plan.