



TWIN CITIES ORTHOPEDICS'  
**women  
 the  
 cities**  
5K/10K | PRESENTED BY  
 10MI | 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	<b>RACE DAY!!</b>