

10k Training Schedule

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|------------|---------------|------------|---------------|------------|----------|---------------|
| 1 | walk or XT | run 20-25 min | walk or XT | run 20-25 min | walk or XT | off | 2 miles |
| 2 | walk or XT | run 20-25 min | walk or XT | run 20-25 min | walk or XT | off | 2 miles |
| 3 | walk or XT | run 25-30 min | walk or XT | run 25-30 min | walk or XT | off | 3 miles |
| 4 | walk or XT | run 25-30 min | walk or XT | run 25-30 min | walk or XT | off | 4 miles |
| 5 | walk or XT | run 30-35 min | walk or XT | run 30-35 min | walk or XT | off | 4 miles or 5K |
| 6 | walk or XT | run 30-35 min | walk or XT | run 30-35 min | walk or XT | off | 5 miles |
| 7 | walk or XT | run 30-45 min | walk or XT | run 30-45 min | walk or XT | off | 5 miles or 5K |
| 8 | walk or XT | run 30-45 min | walk or XT | run 30-45 min | walk or XT | off | 6 miles |
| 9 | walk or XT | run 30-45 min | walk or XT | run 30-45 min | walk or XT | off | 6 miles or 5K |
| 10 | walk or XT | run 30-45 min | walk or XT | run 30-45 min | walk or XT | off | 7 miles |
| 11 | walk or XT | run 30-45 min | walk or XT | run 30-45 min | walk or XT | off | 3.5 miles |
| 12 | walk or XT | run 30-45 min | walk or XT | run 30-45 min | walk or XT | off | 4 miles or 5K |
| 13 | walk or XT | run 30-45 min | walk or XT | run 30-45 min | walk or XT | off | 10K Race |