

## Recommended 10 Week Run Plan

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Rest	Run 1 mile	XT or Rest	Run 1 mile	XT or Rest	Run 1.5 miles	45 min. walk or XT
Week 2	Rest	Run 1 mile	XT or Rest	Run 1 mile	XT or Rest	Run 1.75 miles	45 min. walk or XT
Week 3	Rest	Run 1.5 miles	XT or Rest	Run 1.5 miles	XT or Rest	Run 2 miles	45 min. walk or XT
Week 4	Rest	Run 1.5 miles	XT or Rest	Run 1.5 miles	XT or Rest	Run 2.25 miles	50 min. walk or XT
Week 5	Rest	Run 2 miles	XT or Rest	Run 2 miles	XT or Rest	Run 2.75 miles	50 min. walk or XT
Week 6	Rest	Run 2 miles	XT or Rest	Run 2 miles	XT or Rest	Run 3 miles	55 min. walk or XT
Week 7	Rest	Run 2.5 miles	XT or Rest	Run 2.5 miles	XT or Rest	Run 3 miles	55 min. walk or XT
Week 8	Rest	Run 3 miles	XT or Rest	Run 3 miles	XT or Rest	Run 3.25 miles	60 min. walk or XT
Week 9	Rest	Run 3 miles	XT or Rest	Run 3 miles	XT or Rest	Run 3.5 miles	60 min. walk or XT
Week 10	Rest	Run 3 miles	XT or Rest	Run 2 miles	Rest	30 min. walk	5K RACE!



How to use the schedule:

**Run Days** - By following the schedule you will be running 3 days a week. Please do a warm up walk and cool down walk of 5 minutes each. This will not only benefit your muscles, but also will add distance (and calories burned!) to your workout. It is important to do all of your "Run" day workouts. Running 3 times a week will prepare your body for the increase in miles the following week. However, should you have concerns about the amount of run/walking, or should you experience any physical complications, please speak with your coach or physician. Each week your runs will increase in length to a final distance of 3.5 miles. This will give you the endurance and mental advantage of doing more than your 5K fun run distance.

**XT- "Cross Training" Days** - A cross training exercise is any non-running activity that improves overall fitness. For example, swimming, cycling, strength training or yoga are all cross training activities. Doing an activity other than running is important to keep your fitness regimen fun and your body injury free.

**Sunday Walks** - This is a walk day where you will be walking at a comfortable pace. You should be able to walk and chat with a friend (but not sing!) for 45 minutes to an hour. This is a day to get more time on your feet, get a good work out, but not stress your muscles too much.

**Rest** - The all-important rest day. Each week you need to take a minimum of 1 full rest day a week (maximum 3). Rest is just as important to a running program as the running itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to run a little farther the next week. Without recovery days, you will not be able to improve your fitness.

Note - We have put your rest day on **Mondays**. This is assuming you will have more time on the weekend to get your workouts in. You can change your rest day to **Sunday** and your walk day to **Monday** if this meets your schedule better.



## Recommended 10 Week WALK Plan – MINUTES

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One		XT or REST	Walk 20 minutes	REST	Walk 20 minutes	Walk 15 minutes	Walk 20 minutes	REST
Week Two		XT or REST	Walk 20 minutes	REST	Walk 20 minutes	Walk 15 minutes	Walk 25 minutes	REST
Week Three		XT or REST	Walk 20 minutes	REST	Walk 25 minutes	Walk 15 minutes	Walk 30 minutes	REST
Week Four		XT or REST	Walk 25 minutes	REST	Walk 25 minutes	Walk 20 minutes	Walk 30 minutes	REST
Week Five		XT or REST	Walk 25 minutes	REST	Walk 30 minutes	Walk 25 minutes	Walk 40 minutes	REST
Week Six		XT or REST	Walk 30 minutes	REST	Walk 30 minutes	Walk 25 minutes	Walk 45 minutes	REST
Week Seven		XT or REST	Walk 30 minutes	REST	Walk 35 minutes	Walk 25 minutes	Walk 50 minutes	REST
Week Eight		XT or REST	Walk 35 minutes	REST	Walk 40 minutes	Walk 30 minutes	Walk 60 minutes	REST
Week Nine		XT or REST	Walk 40 minutes	REST	Walk 40 minutes	Walk 30 minutes	Walk 50 minutes	REST
Week Ten		XT or REST	Walk 40 minutes	REST	Walk 25 minutes	Walk 20 minutes	REST	RACE DAY!



**Walk Days** - By following the schedule you will be walking 4 days per week. It is important to do all of your "Walk" day workouts. Walking 4 times per week will prepare your body for the increase in minutes the following week. However, should you have concerns about the amount of walking or should you experience any physical complications, please speak with your coach or physician. Each week your walks will increase in length and you will be able to walk 60 minutes, reaching a final distance of 3.1 miles on race day.

**XT (Cross Train)** - A cross training exercise is any non-running activity that improves overall fitness. For example, swimming or cycling or yoga. We also encourage strength training as a cross training activity, and one that will help you improve not only your walking but your confidence and maybe even your shape! Doing an activity other than walking is important to keep your fitness regimen fun and your body injury free.

**Rest** - The all-important rest day. Each week you need to take a minimum of 1 full rest day a week (maximum 3). Rest is just as important to a fitness program as the walking itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to walk a little farther the next week. Without recovery days, you will not be able to improve your fitness.

Monday	Monday is your day to do a non-walking activity, such as strength training, yoga, swimming, or any other form of athletic training. If you are very fatigued this can also serve as an additional rest day.
Tuesday	Tuesdays should always be done at an easy pace. Complete the mileage at less than 75% of your max Heart Rate or at a 5-6 on an exertion scale of 1-10 (RPE or Rate of Perceived Exertion Scale)
Wednesday	Wednesday is your day to do a non-running activity, such as strength training, yoga, swimming, or any other form of athletic training. If you are very fatigued this can also serve as an additional rest day.
Thursday	Thursday is our group training day. We will work on continuing to build endurance and increase our total walk time throughout the season.
Friday	Friday is your day to walk at an easy pace and for a shorter period of time. This will help your body improve in fitness, but also rest you enough for your longer walk day on Saturday.
Saturday	Saturday is your long walk day which you complete with the group. Saturday should always be done at an easy pace. Complete the mileage at less than 75% of your max Heart Rate or at a 5-6 on an exertion scale of 1-10 (RPE or Rate of Perceived Exertion Scale)
Sunday	Sunday is your day to do what your body needs. We encourage light stretching and strength training in addition to myofascial (soft tissue) release. If you have a foam roller, this is a wonderful tool for myofascial tissue release.

