



## Beginner 10k Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/12/2021	Rest	Run 2 miles	Run 20 min easy	30 minute cross train	Rest	35 minute cross train	Run 3 miles
2 7/19/2021	Rest	Run 2.5 miles	Run 25 min easy	35 minute cross train	Rest	40 minute cross train	Run 3.5 miles
3 7/26/2021	Rest	Run 2.5 miles	Run 30 min easy	40 minute cross train	Rest	40 minute cross train	Run 3.5 miles
4 8/2/2021	Rest	Run 3 miles	Run 35 min easy	45 minute cross train	Rest	50 minute cross train	Run 4 miles
5 8/9/2021	Rest	Run 3 miles	Run 40 min easy	50 minute cross train	Rest	50 minute cross train	Run 4.5 miles
6 8/16/2021	Rest	Run 3.5 miles	Run 40 min easy	55 minute cross train	Rest	60 minute cross train	Run 5 miles
7 8/23/2021	Rest	Run 4 miles	Run 45 min easy	60 minute cross train	Rest	60 minute cross train	Run 5.5 miles
8 8/30/2021	Rest	Run 4.5 miles	Run 50 min easy	60 minute cross train	Rest	60 minute cross train	Run 6 miles
9 9/6/2021	Rest	Run 4 miles	Run 30 min easy	60 minute cross train	Rest	45 minute cross train	Run 6
10 9/13/21	Rest	30 minute cross train	Light 2 miles	Rest	AFM 10k Race Day		

\*Cross training can be or a combination of bicycling, elliptical, strength training, swimming etc.