BEGINNER 10K TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/11/2022	Rest	Run 2 miles	Run 20 min easy	30 minute cross train	Rest	35 minute cross train	Run 3 miles
2 7/18/2022	Rest	Run 2.5 miles	Run 25 min easy	35 minute cross train	Rest	40 minute cross train	Run 3.5 miles
3 7/25/2022	Rest	Run 2.5 miles	Run 30 min easy	40 minute cross train	Rest	40 minute cross train	Run 3.5 miles
4 8/1/2022	Rest	Run 3 miles	Run 35 min easy	45 minute cross train	Rest	50 minute cross train	Run 4 miles
5 8/8/2022	Rest	Run 3 miles	Run 40 min easy	50 minute cross train	Rest	50 minute cross train	Run 4.5 miles
6 8/15/2022	Rest	Run 3.5 miles	Run 40 min easy	55 minute cross train	Rest	60 minute cross train	Run 5 miles
7 8/22/2022	Rest	Run 4 miles	Run 45 min easy	60 minute cross train	Rest	60 minute cross train	Run 5.5 miles
8 8/29/2022	Rest	Run 4.5 miles	Run 50 min easy	60 minute cross train	Rest	60 minute cross train	Run 6 miles
9 9/5/2022	Rest	Run 4 miles	Run 30 min easy	60 minute cross train	Rest	45 minute cross train	Run 6 miles
10 9/12/2022	Rest	30 minute cross train	Light 2 miles	30 minute cross train	Rest or 15 minute light jog	AFM 10k Race Day	

AIR FORCE MARATHON