



BEGINNER 10K TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/10/2023	Run 2 miles	Rest	Run 20 min easy	30 minute cross train	Rest	35 minute cross train	Run 3 miles
2 7/17/2023	Run 2.5 miles	Rest	Run 25 min easy	35 minute cross train	Rest	40 minute cross train	Run 3.5 miles
1 7/24/2023	Run 2.5 miles	Rest	Run 30 min easy	40 minute cross train	Rest	40 minute cross train	Run 3.5 miles
2 7/31/2023	Run 3 miles	Rest	Run 35 min easy	45 minute cross train	Rest	50 minute cross train	Run 4 miles
3 8/7/2023	Run 3 miles	Rest	Run 40 min easy	50 minute cross train	Rest	50 minute cross train	Run 4.5 miles
4 8/14/2023	Run 3.5 miles	Rest	Run 40 min easy	55 minute cross train	Rest	60 minute cross train	Run 5 miles
5 8/21/2023	Run 4 miles	Rest	Run 45 min easy	60 minute cross train	Rest	60 minute cross train	Run 5.5 miles
6 8/28/2023	Run 4.5 miles	Rest	Run 50 min easy	60 minute cross train	Rest	60 minute cross train	Run 6 miles
7 9/4/2023	Run 4 miles	Rest	Run 30 min easy	60 minute cross train	Rest	45 minute cross train	Run 6 miles
8 9/11/2023	30 minute cross train	Rest	Light 2 miles	30 minute cross train	Rest or 15 minute light jog	AFM 10k Race Day	