

6 WEEK 10K TRAINING SCHEDULE

	DATE	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
WEEK 1 PLAN		3	rest	strength training	2	rest	3	rest or strength training	8
TRAINER NOTES		run	walk/foam roll/stretch		run	walk/foam roll/stretch	run	how do you feel? Rest if needed	
WEEK 1 ACTUAL									
WEEK 2 PLAN		3	rest	strength training	2	rest	4	rest or strength training	9
TRAINER NOTES		run	walk/foam roll/stretch		run	walk/foam roll/stretch	run	how do you feel? Rest if needed	
WEEK 2 ACTUAL									
WEEK 3 PLAN		3	rest	strength training	3	rest	4	rest or strength training	10
TRAINER NOTES		run	walk/foam roll/stretch		hill repeats	walk/foam roll/stretch	run	how do you feel? Rest if needed	
WEEK 3 ACTUAL									
WEEK 4 PLAN		3	rest	strength training	3	rest	5	rest or strength training	11
TRAINER NOTES		run	walk/foam roll/stretch		hill repeats	walk/foam roll/stretch	run	how do you feel? Rest if needed	
WEEK 4 ACTUAL									
WEEK 5 PLAN		4	rest	strength training	3	rest	5	rest	12
TRAINER NOTES		run	walk/foam roll/stretch		hill repeats	walk/foam roll/stretch	run	walk/foam roll/stretch	
WEEK 5 ACTUAL									
WEEK 6 PLAN		3	rest	3	rest	rest	6.2		12.2
TRAINER NOTES		run	walk/foam roll/stretch	run	walk/foam roll/stretch	walk/foam roll/stretch	RACE DAY		congrats
WEEK 6 ACTUAL									

This plan is intended for beginner or returning runners who can run a 5k. Unless otherwise indicated, all runs should be performed at "conversational" pace. Always warm up and cool down at each workout. Use at your own risk. For a custom training plan built with your experience and abilities in mind, please contact me at www.leagendersfitness.com