

Improver's 10k Training Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	3mile / 30min Run	Cross Train / Alternate Excercise	2.5mile Run at Race Pace	Rest	2mile / 20min Run	30min Easy Walk Run
Week 2	Rest	3mile / 30min Run	Cross Train / Alternate Excercise	3mile Run at Race Pace	Rest	2mile / 20min Run	30min Easy Walk Run
Week 3	Rest	3.5mile / 35min Run	Cross Train / Alternate Excercise	3mile Run at Race Pace	Rest	2.5mile / 25min Run	30min Easy Walk Run
Week 4	Rest	3.5mile / 35min Run	Cross Train / Alternate Excercise	3.5mile Run at Race Pace	Rest	2.5mile / 25min Run	35-40min Easy Walk Run
Week 5	Rest	3.5mile / 35min Run	Cross Train / Alternate Excercise	3.5mile Run at Race Pace	Rest	3mile / 30min Run	35-40min Easy Walk Run
Week 6	Rest	4mile / 40min Run	Cross Train / Alternate Excercise	3mile Run at Race Pace	Rest	3mile / 30min Run	35-40min Easy Walk Run
Week 7	Rest	4mile / 40min Run	Cross Train / Alternate Excercise	3.5mile Run at Race Pace	Rest	4mile / 40min Run	40min Easy Walk Run
Week 8	Rest	4mile / 40min Run	Cross Train / Alternate Excercise	4mile Run at Race Pace	Rest	4.5mile / 45min Run	40min Easy Walk Run
Week 9	Rest	4mile / 40min Run	Cross Train / Alternate Excercise	3mile Run at Race Pace	Rest	5mile / 50min Run	30min Easy Walk Run
Week 10	Rest	3mile / 30min Run	Cross Train / Alternate Excercise	2-2.5mile Easy Run	Rest	Rest	10k Race