

FROM COUCH TO 10K RUN!



WEEK 1

MONDAY

JOG/WALK



4 MINUTE JOG
60 SECOND WALK

TUESDAY

REST/CROSS TRAIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

JOG/WALK



5 MINUTE JOG
5 MINUTE WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

JOG/WALK



7 MINUTE JOG
2 MINUTE WALK

WEEK 2

MONDAY

JOG/WALK



8 MINUTE JOG
2 MINUTE WALK

TUESDAY

REST/CROSS TRAIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

JOG/WALK



5 MINUTE JOG
60 SECOND WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

JOG/WALK



10 MINUTE JOG
60 SECOND WALK

WEEK 3

MONDAY

JOG/WALK



12 MINUTE JOG
60 SECOND WALK

TUESDAY

REST/CROSS TRAIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

RUN/WALK



6 MINUTE RUN
60 SECOND WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

JOG



15 MINUTE JOG
2 MINUTE WALK

WEEK 4

MONDAY

RUN/WALK



9 MINUTE RUN
60 SECOND WALK

TUESDAY

REST/CROSS TRAIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

RUN/WALK



10 MINUTE RUN
2 MINUTE WALK

FRIDAY

STRETCH



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

10K
RACE DAY!

*Please use this training plan as a guide only. Listen to your body and go at your own pace.