

FROM COUCH TO 10K WALK!

BROOKS
RUN HAPPY

WEEK 1

MONDAY

WALK
20 MIN

20 MINUTE WALK

TUESDAY

REST/CROSS TRAIN

45 MIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

LIGHT WALK

30 MIN

30 MINUTE
LIGHT WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

WALK

30 MIN

30 MINUTE WALK

WEEK 2

MONDAY

WALK
40 MIN

40 MINUTE WALK

TUESDAY

REST/CROSS TRAIN

45 MIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

WALK/SPEED WALK

30 MIN

5 MINUTE WALK
1 MINUTE SPEED
WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

LIGHT WALK

55 MIN

55 MINUTE
LIGHT WALK

WEEK 3

MONDAY

WALK/SPEED WALK

70 MIN

10 MINUTE WALK
5 MINUTE SPEED
WALK

TUESDAY

REST/CROSS TRAIN

45 MIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

WALK

95 MIN

95 MINUTE WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

WALK/SPEED WALK

70 MIN

10 MINUTE JOG
4 MINUTE SPEED
WALK

WEEK 4

MONDAY

WALK
100 MIN

100 MINUTE WALK

TUESDAY

REST/CROSS TRAIN

45 MIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

WALK/SPEED WALK

40 MIN

10 MINUTE WALK
2 MINUTE SPEED
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.