



10K 6 Week Training Plan

Date Started: _____ Goal: _____

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Strength Lower Body	Run / Walk 20 min	Rest & Stretch	Run / Walk 20 min	Strength Lower Body	2 miles	Rest
2	Strength Lower Body	Run / Walk 25 min	Rest & Stretch	Run / Walk 25 min	Strength Lower Body	2.5 miles	Rest
3	Strength Lower Body	Run / Walk 30 min	Rest & Stretch	Run / Walk 30 min	Strength Lower Body	3 miles	Rest
4	Strength Lower Body	Run / Walk 35 min	Rest & Stretch	Run / Walk 35 min	Strength Lower Body	4 miles	Rest
5	Strength Lower Body	Run / Walk 40 min	Rest & Stretch	Run / Walk 40 min	Strength Lower Body	5 miles	Rest
6	Strength Lower Body	Run / Walk 30 min	Rest & Stretch	Run / Walk 30 min	Strength Lower Body	Race Day	Rest

Race Info: www.GoldysRun.com