



Presented by  
 Abbott

# 10M 8 Week Training Plan

Date Started: \_\_\_\_\_ Goal: \_\_\_\_\_

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>1</b>	Strength Lower Body	2 miles	Rest & Stretch	Cross Train	2 miles	Rest	3 miles
<b>2</b>	Strength Lower Body	2 miles	Rest & Stretch	Cross Train	2 miles	Rest	4 miles
<b>3</b>	Strength Lower Body	2 miles	Rest & Stretch	Cross Train	3 miles	Rest	5 miles
<b>4</b>	Strength Lower Body	3 miles	Rest & Stretch	Cross Train	4 miles	Rest	6 miles
<b>5</b>	Strength Lower Body	3 miles	Rest & Stretch	Cross Train	5 miles	Rest	7 miles
<b>6</b>	Strength Lower Body	4 miles	Rest & Stretch	Cross Train	5 miles	Rest	8 miles
<b>7</b>	Strength Lower Body	4 miles	Rest & Stretch	Cross Train	4 miles	Rest	5 miles
<b>8</b>	Strength Lower Body	4 miles	Rest & Stretch	4 miles	Rest	Easy Run 20 min	Race Day

Race Info: [www.GoldysRun.com](http://www.GoldysRun.com)