



- Presented by -

 ABBOTT

10M 8 Week Training Plan

Date Started: _____ **Goal:** _____

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

Race Info: www.GoldysRun.com