

This is the rookie road runner's 10k program! Its meant for beginning road runners who can run 2 miles comfortably, and who want to run their first 10k road race. If you want to try it, but aren't sure if you're ready, use weeks 1-3 to get comfortable over short distances up to 2 miles, then jump into the program during week 3. Have fun!

|                | Mon | Tues   | Wed | Thurs                | Fri | Sat                  | Sun |
|----------------|-----|--|-----|----------------------|-----|----------------------|-----|
| <b>Week 1</b>  |     | EZ Run up to 2 miles                         |     | EZ Run up to 2 miles |     | EZ Run up to 2 miles |     |
| <b>Week 2</b>  |     | EZ Run up to 2 miles                         |     | EZ Run up to 2 miles |     | EZ Run up to 2 miles |     |
| <b>Week 3</b>  |     | EZ Run up to 2 miles                         |     | EZ Run up to 2 miles |     | EZ Run up to 2 miles |     |
| <b>Week 4</b>  |     | Run 15 min                                   |     | Run 20 min           |     | Run 25 min           |     |
| <b>Week 5</b>  |     | Run 20 min                                   |     | Run 20 min           |     | Run 25 min           |     |
| <b>Week 6</b>  |     | Run 2 x 8 min hard, 4 min recovery interval  |     | Run 20 min           |     | Run 30 min           |     |
| <b>Week 7</b>  |     | Run 2 x 10 min hard, 4 min recovery interval |     | Run 20 min           |     | Run 35 min           |     |
| <b>Week 8</b>  |     | Run 20 min                                   |     | 3 mile time trial    |     | Run 35 min           |     |
| <b>Week 9</b>  |     | Run 3 x 6 min hard, 3 min recovery interval  |     | Run 25 min           |     | Run 40 min           |     |
| <b>Week 10</b> |     | Run 4 x 6 min hard, 3 min recovery interval  |     | Run 3 miles          |     | Run 4 miles          |     |
| <b>Week 11</b> |     | 4 mile time trial                            |     | Run 3 miles          |     | Run 5 miles          |     |
| <b>Week 12</b> |     | EZ Run up to 2 miles                         |     | EZ Run up to 2 miles |     | RACE DAY             |     |

**Goals:**

1. Have fun!
2. Finish 10k running strong all the way.
3. Run the last mile the fastest.
4. Insert your own personal goals here.
5. Insert your own personal goals here.

**Notes:**

1. A "recovery interval" means walk or jog, but keep moving, in between hard efforts. For example, "2 x 8 min hard, 4 min recovery interval" means you should run 8 minutes hard, then walk or jog for 4 minutes, then run 8 minutes hard again.
2. "Time trial" means to run the distance as quickly as possible, and record the time.
3. Finish every workout with 1 minute of slow walking and 5 minutes of stretching. Try to eat a small healthy snack within 30 minutes of finishing each workout. Remember that taking your recovery seriously will prevent injury and keep you from being overly sore and miserable the next day.
4. Drink plenty of water throughout the day and during workouts as needed.