



BEGINNER 10-K PLAN

YOU CAN TACKLE A 6.2-MILE RACE IN SEVEN WEEKS WITH THIS PLAN FROM RUNNING COACH KIM MAXWELL

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	EASY	OFF	EASY+ TURNOVER	EASY	OFF	LONG RUN	OPTIONAL CROSS- TRAINING
1	15 minutes	OFF	20 minutes + 2-3 striders	15 minutes	OFF	2 miles	30-45 minutes
2	20 minutes	OFF	20 minutes + 2-3 striders	20 minutes	OFF	3 miles	30-45 minutes
3	20 minutes	OFF	25 minutes + 2-3 striders	20 minutes	OFF	3 miles	30-45 minutes
4	25 minutes	OFF	25 minutes + 2-3 striders	25 minutes	OFF	4 miles	30-45 minutes
5	25 minutes	OFF	30 minutes + 2-3 striders	25 minutes	OFF	4 miles	30-45 minutes
6	30 minutes	OFF	3 miles + 4-5 striders	30 minutes	OFF	5 miles	30-45 minutes
7	2 miles	OFF	20 minutes + 2 striders	OFF	15 minutes	OFF	RACE!

PROGRAM NOTES:

Weekly runs are designed for a true beginner. Concentrate on minutes rather than miles during the week as you build confidence. Don't be afraid to take walk breaks, but try to keep your walk breaks to no more than 1 minute. For example: run 4 minutes, walk 1 minute. If you feel exhausted, slow down! Start slow and finish your runs strong.

Cross-Training: Cross-training the day after a long run is optional based on how you feel. The best low-intensity choices are cycling, swimming, the elliptical, and yoga. Stick to non-weight bearing activities.

Striders: After your run, do some pickups or striders, which teach your legs quicker turnover. This is not a sprint; it's simply a quicker pace. Use the straightaway of a high school track (roughly 100 meters) as a guide. If you don't have access to a track, measure it off in a field or grassy area. Keep your feet centered underneath you (don't overstride), and visualize either the finish line in front of you or a person in the race who you want to surge past.