

### 10K Run, Beginner Training

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	2.7 mile run	30 min cross	2 mile run	Rest	40 min cross	3 mile run
2	Rest	2.5 mile run	30 min cross	2 mile run	Rest	40 min cross	3.5 mile run
3	Rest	2.5 mile run	35 min cross	2 mile run	Rest	50 min cross	4 mile run
4	Rest	3 mile run	35 min cross	2 mile run	Rest	50 min cross	4 mile run
5	Rest	3 mile run	40 min cross	2 mile run	Rest	60 min cross	4.5 mile run
6	Rest	3 mile run	40 min cross	2 mile run	Rest	60 min cross	5 mile run
7	Rest	3 mile run	45 min cross	2 mile run	Rest	60 min cross	5.5 mile run
8	Rest	3 mile run	30 min cross	2 mile run	Rest	Rest	10K Run

Instructions:

Cross-training days: swimming, cycling, walking, or other forms of aerobic training. Don't cross-train too vigorously... cross-training days should be easy days. Mix in strength training after easy runs: high reps, lower weights.