



12 Week 10K Beginning Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WK 1	1	1	Off	1	Off	2	Off
WK 2	1.5	1	Off	1.5	Off	2	Off
WK 3	2	1	Off	2	Off	3	Off
WK 4	2.5	2	Off	2	Off	3	Off
WK 5	2	3	Off	2	Off	4	Off
WK 6	3.5	2	Off	3.5	Off	4	Off
WK 7	4	3	Off	4	Off	5	Off
WK 8	4	3	Off	4	Off	5	Off
WK 9	3	5	Off	3	Off	6	Off
WK 10	3	5	Off	4	Off	7	Off
WK 11	3	5	Off	3	Off	5	Off
WK 12	3	5	Off	4	Off	10K Run	Off

All workouts are in miles – if you have not been doing activity walk the first two weeks

All running and walking efforts should be kept at between 65% and 85% of MHR.

Training program is presented as a public service and Coach Rozy Performance assumes no liability

Please consult your physician before attempting any workout program