



RACEFEST

10K TRAINING PLAN Beginner

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 2/9 - 2/15	20 min walk, keep the pace brisk	1.5 mile run (walk/run 2 min run, 1 min walk)	20 min cross train + lower body	1.5 mile run (walk/run 2 min run, 1 min walk)	Rest	1.75 mile run (walk/run 3 min run, 1 min walk)	30 min walk
2 2/16 - 2/22	Rest	1.75 mile run*	20 min cross train + single leg 1	1.5 mile run*	Rest	2.5 mile run*	35 min or cross + mobility
3 2/23 - 3/1	Rest	2 mile run*	25 min cross train + lower body	1.5 mile run*	Rest	3 mile run*	35 min walk
4 3/2 - 3/8	Rest	2.25 mile run*	25 min cross train + single leg 1	2 mile run*	Rest	3.5 mile run*	40 min walk or cross + core
5 3/9 - 3/15	Rest	2.5 mile run*	35 min cross train + lower body	2 mile run*	Rest	4 mile run	40 min walk
6 3/16 - 3/22	Rest	2.5 mile run*	35 min cross train + single leg 2	2 mile run	Rest	4 mile run	45 min walk or cross + mobility
7 3/23 - 3/29	Rest	2.75 mile run	40 min cross train + lower body	2 mile run	Rest	4.5 mile run	50 min walk
8 3/30 - 4/5	Rest	2.75 mile run	45 min cross train + single leg 2	2 mile run	Rest	5 mile run	60 min walk or cross + core
9 4/6 - 4/12	Rest	3 mile run	45 min cross train + lower body	2 mile run	Rest	5.5 mile run	60 min walk
10 4/13 - 4/19	Rest	3 mile run	30 min cross train + core	2 mile run	Rest	Charlotte Racefest!	Celebrate your accomplishment!

* if needed, continue run/walk, increasing the run time as you are able
Sundays replace with cross train or day off if needed

Scan QR Code for strength training videos provided by Forward Motion

