

Training Plan – 10K

(Long Runs on Wednesdays)

Powered by: 

12 week Training Schedule (Distance in Miles)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Walkers: 1 Runners: 1.5	Rest	Walkers: 1 Runners: 2	Rest	Walkers: 1 Runners: 1.5	Cross Train	Walkers: 1 Runners: 1.5-2
2	Walkers: 1 Runners: 1.5	Rest	Walkers: 1.5 Runners: 2	Rest	Walkers: 1 Runners: 1.5	Cross Train	Walkers: 1 Runners: 1.5-2
3	Walkers: 1.25 Runners: 1.5-2	Rest	Walkers: 2 Runners: 2.5	Rest	Walkers: 1 Runners: 2	Cross Train	Walkers: 1.25 Runners: 2
4	Walkers: 1.25 Runners: 1.5-2	Rest	Walkers: 2 Runners: 3	Rest	Walkers: 1.5 Runners: 2-2.5	Cross Train	Walkers: 1.5 Runners: 2.5
5	Walkers: 1.5 Runners: 2	Rest	Walkers: 3 Runners: 3.5	Rest	Walkers: 1.5 Runners: 2.5-3	Cross Train	Walkers: 1.5 Runners: 3
6	Walkers: 1.5 Runners: 2	Rest	Walkers: 3.5 Runners: 4.5	Rest	Walkers: 2 Runners: 2.5-3	Cross Train	Walkers: 2 Runners: 3.5
7	Walkers: 1.5 Runners: 2	Rest	Walkers: 4 Runners: 4.5	Rest	Walkers: 2 Runners: 4	Cross Train	Walkers: 2 Runners: 3-4
8	Walkers: 1.5 Runners: 2	Rest	Walkers: 4.5 Runners: 5	Rest	Walkers: 3 Runners: 3.5-4	Cross Train	Walkers: 2 Runners: 4
9	Walkers: 1.25 Runners: 2	Rest	Walkers: 5 Runners: 5.5	Rest	Walkers: 2 Runners: 4.5	Cross Train	Walkers: 2 Runners: 3.5-4
10	Walkers: 1.25 Runners: 2	Rest	Walkers: 5.5 Runners: 6	Rest	Walkers: 2.5-3 Runners: 4.5	Cross Train	Walkers: 3 Runners: 3.5-4
11	Walkers: 1.25 Runners: 2.5	Rest	Walkers: 2.5-3.5 Runners: 4.5	Rest	Walkers: 3 Runners: 3.5	Cross Train	Walkers: 3 Runners: 3
12	Walkers: 1.5 Runners: 2	Rest	Walkers: 2 Runners: 3	Rest	Walkers: 1.25 Runners: 2	Cross Train	

This beginner level program is designed to gradually build your mileage and get you across the finish line. To design an advanced program, contact Bellin Health running expert Nate Vandervest at (920) 430-4756 or nhvand@bellin.org.