



12 week Beginner Training Plan for a 10K

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|----------------|-----|-----------|-------------|-----------|--------------------|------------------|-------------|
| Week 1 | off | 2 Miles | 30 Min Walk | 2 Miles | 30 Min Cross Train | 2 Miles | 30 Min Walk |
| Week 2 | off | 2 Miles | 35 Min Walk | 2.5 Miles | 30 Min Cross Train | 3 Miles | 35 Min Walk |
| Week 3 | off | 2 Miles | 35 Min Walk | 2.5 Miles | 35 Min Cross Train | 3 Miles | 35 Min Walk |
| Week 4 | off | 2.5 Miles | 40 Min Walk | 3 Miles | 35 Min Cross Train | 4 Miles | 40 Min Walk |
| Week 5 | off | 2.5 Miles | 40 Min Walk | 3 Miles | 35 Min Cross Train | 4 Miles | 40 Min Walk |
| Week 6 | off | 3 Miles | 45 Min Walk | 3 Miles | 40 Min Cross Train | 5 Miles | 45 Min Walk |
| Week 7 | off | 3 Miles | 45 Min Walk | 3 Miles | 40 Min Cross Train | 5 Miles | 45 Min Walk |
| Week 8 | off | 3 Miles | 45 Min Walk | 4 Miles | 40 Min Cross Train | 6 Miles | 45 Min Walk |
| Week 9 | off | 3 Miles | 60 Min Walk | 4 Miles | 45 Min Cross Train | 4 Miles | 60 Min Walk |
| Week 10 | off | 4 Miles | 60 Min Walk | 5 Miles | 45 Min Cross Train | 6 Miles | 60 Min Walk |
| Week 11 | off | 4 Miles | 45 Min Walk | 5 Miles | 30 Min Cross Train | 5 Miles | 45 Min Walk |
| Week 12 | off | 5 Miles | 45 Min Walk | 4 Miles | off | RACE DAY! | off |

- Make sure you stretch and take a rest day. Both are very important to training and preventing injuries.
- Warm-up with a brisk 5 minute walk to start every workout.
- Focus on breathing and being able to keep running. You'll receive a medal when you cross the finish line no matter how fast you run!

Register and find more race info on our website, memphisinmay.org/garr