



10K | 12 week Beginner Training Plan

	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