



7 WEEKS TO 10K TRAINING PLAN

GREAT AMERICAN RIVER RUN 10K

MAY 25, 2024



	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1	GET MOTIVATED!	2 MILES	CROSS TRAIN	2.5 MILES	CROSS TRAIN	2.5 MILES	REST
Week 2	CROSS TRAIN	2.5 MILES	CROSS TRAIN	2.5 MILES	CROSS TRAIN	3 MILES	REST
Week 3	CROSS TRAIN	3 MILES	CROSS TRAIN	3 MILES	CROSS TRAIN	3.5 MILES	REST
Week 4	CROSS TRAIN	3.5 MILES	CROSS TRAIN	3.5 MILES	CROSS TRAIN	4 MILES	REST
Week 5	CROSS TRAIN	4 MILES	CROSS TRAIN	4.5 MILES	CROSS TRAIN	4.5 MILES	REST
Week 6	CROSS TRAIN	5 MILES	CROSS TRAIN	5.5 MILES	CROSS TRAIN	6 MILES	REST
Week 7	CROSS TRAIN	4 MILES	CROSS TRAIN	3 MILES	REST	RACE DAY!	REST

REGISTER TO RUN TODAY AT memphisinmay.org/garr