

6 Week 10K Beginner Training Schedule

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	30 min cross training or rest	2 miles easy run	30 min cross training or rest	2 miles easy run	Rest	2 miles long run	2 miles brisk walk or rest
Week 2	DAY 8 30 min cross training or rest	DAY 9 2.5 miles easy run	DAY 10 30 min cross training or rest	DAY 11 2.5 miles easy run	DAY 12 Rest	DAY 13 3 miles long run	DAY 14 2 miles brisk walk or rest
Week 3	DAY 15 30 min cross training or rest	DAY 16 3 miles easy run	DAY 17 30 min cross training or rest	DAY 18 3 miles easy run	DAY 19 Rest	DAY 20 4 miles long run	DAY 21 2 miles brisk walk or rest
Week 4	DAY 22 30 min cross training or rest	DAY 23 3 miles easy run	DAY 24 30 min cross training or rest	DAY 25 4 miles easy run	DAY 26 Rest	DAY 27 5 miles long run	DAY 28 2 miles brisk walk or rest
Week 5	DAY 29 30 min cross training or rest	DAY 30 3 miles easy run	DAY 31 30 min cross training or rest	DAY 32 4 miles easy run	DAY 33 Rest	DAY 34 4 miles long run	DAY 35 2 miles brisk walk or rest
Week 6	DAY 36 3 miles easy run	DAY 37 30 min cross training or rest	DAY 38 3 miles easy run	DAY 39 Rest	DAY 40 2 miles easy run	DAY 41 Rest	DAY 42 Race Day!