



## Recommended 10 Week 15K Plan

\*If the workout is **bolded** then it is the **Advanced** distance option. Follow the distance that works for your schedule, experience, and lifestyle.

| Week                             | Mon                        | Tue         | Wed                     | Thur                      | Fri  | Sat                                 | Sun                          |
|----------------------------------|----------------------------|-------------|-------------------------|---------------------------|------|-------------------------------------|------------------------------|
| <b>Week 1</b><br><b>(Dec 4)</b>  | 40-min cross<br>or 3 miles | 2 - 4 miles | 40-min cross<br>or Rest | 2 miles<br><b>3 miles</b> | Rest | 4 miles<br><b>5 miles</b>           | 30 min walk<br>or easy cross |
| <b>Week 2</b><br><b>(Dec 11)</b> | 40-min cross<br>or 3 miles | 3 - 5 miles | 40-min cross<br>or Rest | 2 miles<br><b>3 miles</b> | Rest | 4 miles<br><b>6 miles</b>           | 35 min walk<br>or easy cross |
| <b>Week 3</b><br><b>(Dec 18)</b> | 40-min cross<br>or 3 miles | 3 - 6 miles | 40-min cross<br>or Rest | 2 miles<br><b>3 miles</b> | Rest | 5 miles<br><b>7 miles</b>           | 40 min walk<br>or easy cross |
| <b>Week 4</b><br><b>(Dec 25)</b> | 50-min cross<br>or 3 miles | 2 - 4 miles | 50-min cross<br>or Rest | 3 miles<br><b>4 miles</b> | Rest | 4 miles<br><b>7 miles</b>           | 45 min walk<br>or easy cross |
| <b>Week 5</b><br><b>(Jan 1)</b>  | 50-min cross<br>or 3 miles | 4 - 5 miles | 50-min cross<br>or Rest | 3 miles<br><b>4 miles</b> | Rest | 5 miles<br><b>8 miles</b>           | 45 min walk<br>or easy cross |
| <b>Week 6</b><br><b>(Jan 8)</b>  | 50-min cross<br>or 3 miles | 4 - 6 miles | 50-min cross<br>or Rest | 3 miles<br><b>4 miles</b> | Rest | <b>Practice</b><br><b>10K</b>       | 50 min walk<br>or easy cross |
| <b>Week 7</b><br><b>(Jan 15)</b> | 60-min cross<br>or 3 miles | 3 - 4 miles | 60-min cross<br>or Rest | 3 miles<br><b>4 miles</b> | Rest | 5 miles<br><b>8 miles</b>           | 50 min walk<br>or easy cross |
| <b>Week 8</b><br><b>(Jan 22)</b> | 60-min cross<br>or 3 miles | 5 miles     | 60-min cross<br>or Rest | 4 miles                   | Rest | 6 miles<br><b>9 miles</b>           | 55 min walk<br>or easy cross |
| <b>Week 9</b><br><b>(Jan 29)</b> | 60-min cross<br>or 3 miles | 5 - 6 miles | 60-min cross<br>or Rest | 4 miles                   | Rest | 5 miles                             | 60 min walk<br>or easy cross |
| <b>Week 10</b><br><b>(Feb 5)</b> | 30 min walk<br>or 3 miles  | 3 - 4 miles | 30 min walk or<br>Rest  | 2 miles<br><b>3 miles</b> |      | <b>Seroogy's</b><br><b>15K Race</b> |                              |



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### How to use the schedule-

**Run or Walk/Run Days-** This schedule was created to be flexible to fit your busy life AND your varying fitness abilities. There are time and distance ranges that you can use based on how you are feeling week to week. By following the schedule you will get at least 3 run or run/walk days a week. Please do a dynamic warm up or walk and cool down walk of 5 minutes each. This will not only benefit your muscles, but also will add distance (and calories burned!) to your workout. It is important to do all of your "Run" day workouts. Running or Run/Walking 3 times a week will prepare your body for the increase in miles the following week. However, should you have concerns about the amount of run/walking or should you experience any physical complications, please speak with your coach or physician. Each week your runs will increase in length to a final 5-mile race distance. This will give you the endurance and mental advantage for your Thanksgiving day festivities.

**CROSS- Cross Training Days-** A cross training exercise is any non-running activity that improves overall fitness. For example, swimming, cycling, strength training or yoga are all cross training activities. Doing an activity other than running or run/walking is important to keep your fitness regimen fun and your body injury free.

**Sunday Walks-** This is a walk day where you will be walking at a comfortable pace. You should be able to walk and chat with a friend (but not sing!) for 45 minutes to an hour. This is a day to get more time on your feet, get a good work out, but not stress your muscles too much.

**Rest-** The all important rest day. Each week you need to take a minimum of 1 full rest day a week (maximum 3). Rest is just as important to a running program as the running itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to run a little farther the next week. Without recovery days, you will not be able to improve your fitness.

**Intervals-** If you are planning to run/walk the program, terrific!! This is one of the best ways to improve your fitness the fastest. Here are the ratios we will be using for this program. Your CURRENT (not goal) pace per mile will determine the pace you go in our group workouts:

- 9 minute pace per mi.—2 min run/walk 30 seconds
- 9:30-10:45—90 second run/walk 30 seconds
- 10:45-12:15—1 minute run/walk 30 seconds
- 12:15-14:15—30 second run/walk 30 seconds