



Tower Rock Run - 10K Beginners Training Plan



Training Notes:

This eight week training plan has been designed for individuals who would like to finish their first 10K run. This program will safely and gradually build your endurance, fitness and stamina to complete your first 10K (6.2 miles). If you have been wanting to start your journey as a runner or get the family more active, this eight week program is for you.

This program assumes you have no major health concerns and are in good shape / able to do some jogging. Consult your physician if you have any concerns before starting this program.

The following schedule is only a guide; it is advised that you modify it to meet your work and family obligations. If you find this program too difficult in the first few weeks... please consider beginning with my 10K walking program. On the other hand, if this program is too easy, please contact me for an intermediate or advance plan. Contact me at: pranaendurancetraining@gmail.com

The terms used in the training program are explained below:

Rest: Rest days are essential to your development as a runner/jogger. Allow your body to take a day off and recover.

Run: As a first time runner training for a 10K your goal will be to complete the event. Speed is not important, keeping a conversation pace is what we are looking for. Feel free to take walking breaks as needed in the first few weeks.

Run/Walk: Using a Run/Walk approach is ideal and will allow your body to rest before running for a few minutes. Find a good ratio which works for you, for example Run 2 min/Walk 1 Min... find your rhythm.

Cross-Training: On the schedule, this is identified simply as "cross." Wednesdays and Sundays are cross-training days: swimming, cycling, walking, or other forms of aerobic training. These should be easy days.

Week	Mond	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	2.25 mile run	30 min - Cross	1.5 mile run	Rest	3 mile run	40 min - Cross
2	Rest	2.25 mile run	30 min - Cross	1.5 mile run	Rest	3.5 mile run	40 min - Crosst
3	Rest	2.25 mile run	35 min - Cross	2 mile run	Rest	4 mile run	50 min - Crosst
4	Rest	3 mile run	35 min - Cross	2 mile run	Rest	4 mile run	50 min - Crosst
5	Rest	3 mile run	40 min - Cross	2 mile run	Rest	4.5 mile run	60 min - Crosst
6	Rest	3 mile run	40 min - Cross	2 mile run	Rest	5 mile run	60 min - Crosst
7	Rest	3 mile run	35 min - Cross	2 mile run	Rest	5.5 mile run	60 min - Crosst
8	Rest	3 mile run	30 min - Cross	2 mile run	Rest	Race	Rest

For more information on training and personalized coaching please visit our website:

www.pranaendurancetraining.com