

“COUCH TO 10K” BEGINNER PLAN



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1	Training Begins! 30-min. Run/Walk (Alternate 2-min. walk, 3-min. run)	Rest/Cross Train	40-min. Run/Walk (Alternate 2-min. walk, 3-min. run)	Rest/Cross Train	20-min. Run/Walk (Alternate 1-min. walk, 4-min. run)	15-min Walk	Run 3 Miles at Easy Pace
2	Rest/Cross Train	20-min. Run/Walk (Alternate 3-min. walk, 7-min. run)	Rest/Cross Train	30-min. Run/Walk (Alternate 2-min. walk, 8-min. run)	Rest/Cross Train	Rest/Cross Train	Run 3-4 Miles at Easy Pace
3	Rest/Cross Train	30-min. walk/run with tempo (5 walk, 5 run; 10 mins hard run; 5 walk, 5 run)	Rest/Cross Train	40-min. Run/Walk (Alternate 2-min. walk, 8-min. run)	Rest/Cross Train	20-min Walk	Run 4 Miles at Easy Pace
4	Rest/Cross Train	30-min. Run w/ Speed Work (10 mins. easy; 10 mins. at 10K pace; 10 mins easy)	Rest/Cross Train	Run 30 mins. Easy	Rest/Cross Train	Rest/Cross Train	Run 5 Miles at Easy Pace
5	Rest/Cross Train	35-min. Run w/ Speed Work (10 mins. easy; 15 mins. at 10K pace; 10 mins easy)	Rest/Cross Train	Run 30 mins. Easy	Rest/Cross Train	15-min Walk	Run 5 Miles at Easy Pace
6	Rest/Cross Train	40-min. Run w/ Speed Work (10 mins. easy; 20 mins. at 10K pace; 10 mins easy)	Rest/Cross Train	Run 30 mins. Easy	Rest/Cross Train	20-min Walk	Run 6 Miles at Easy Pace
7	Rest/Cross Train	45-min. Run w/ Speed Work (10 easy, 10 at 5k, 5 easy, 10 at 5k, 10 easy)	Rest/Cross Train	Run 35 mins. Easy	Rest/Cross Train	Rest/Cross Train	Run 6-7 Miles at Easy Pace
8	Rest/Cross Train	35-min. Run w/ Speed Work (10 mins. easy; 15 mins. at 10K pace; 10 mins easy)	Rest/Cross Train	Run 30 mins. Easy	Rest/Cross Train	Run 20 mins. Easy	Run 5 Miles at Easy Pace
9	Rest/Cross Train	40-min. Run w/ Speed Work (10 mins. easy; 20 mins. at 10K pace; 10 mins easy)	Rest/Cross Train	Run 35 mins. Easy	Rest/Cross Train	Rest/Cross Train	Run 4 Miles at Easy Pace
10	Rest/Cross Train	Run 35 mins. Easy	Rest/Cross Train	Run 30 mins. Easy	Rest/Cross Train	20-min. Walk	RACE DAY!

From cross training recommendations to buying the right pair of shoes, visit OrthoCarolina.com to learn more.

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