



5K to 10K Training Program

Please consult a physician before starting any exercise routine.

Week 1

Day 1: *1/1 x 10
Day 2: 1/1 x 10
Day 3: 1/1 x 10
Day 4: 30 minutes cross training

Week 2

Day 1: 1/1 x 11
Day 2: 1/1 x 11
Day 3: 1/1 x 11
Day 4: 30 minutes cross training

Week 3

Day 1: 1/1 x 12
Day 2: 1/1 x 13
Day 3: 1/1 x 14
Day 4: 45 minutes cross training

Week 4

Day 1: 1/1 x 15
Day 2: 1/1 x 15
Day 3: Run 30 minutes
Day 4: 45 minutes cross training

Week 5

Day 1: 1/1 x 16
Day 2: 1/1 x 16
Day 3: Run 32 minutes
Day 4: 45 minutes cross training

Week 6

Day 1: 2/1 x 11
Day 2: 2/1 x 11
Day 3: Run 34 minutes
Day 4: 45 minutes cross training

Week 7

Day 1: 2/1 x 12
Day 2: 3/1 x 9
Day 3: Run 36 minutes
Day 4: 45 minutes cross training
Day 5: Strength training/core

Week 8

Day 1: 3/1 x 9
Day 2: 3/1 x 10
Day 3: Run 40 minutes
Day 4: 45 minutes cross training
Day 5: Strength training/core

Week 9

Day 1: 3/1 x 10
Day 2: 3/1 x 10
Day 3: Run 44 minutes
Day 4: 45 minutes cross training
Day 5: Strength training/core

Week 10

Day 1: 3/1 x 11
Day 2: 3/1 x 11
Day 3: Run 48 minutes
Day 4: 45 minutes cross training
Day 5: Strength training/core

Week 11

Day 1: 3/1 x 12
Day 2: 3/1 x 12
Day 3: Run 52 minutes
Day 4: 45 minutes cross training
Day 5: Strength training/core

Week 12

Your 10K is this week! You're going to take it a little easier this week, so that you're well-rested for your big race.
Day 1: 30 minutes cross training
Day 2: 3/1 x 5

Please note: *1/1 x 10 = 1 minute run/1 minute walk x 10 (for a total of 20 minutes)



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