



**WORKING FOR A HEALTHIER TN**



## 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. Good luck!

Day 1: 30 minutes cross training  
Day 2: 3/1 x 5

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