

<<< 10 K Running Plan >>>

Rest	1 mile run	Rest	1 mile run	Rest	1.5 mile run	Cross Train
Rest	1.5 mile run	Rest	1.5 mile run	Rest	2 mile run	Cross Train
Rest	2 mile run	Rest	1.5 mile run	Rest	3 mile run	Planks: 3x for 1 minute each
Rest	2 mile run	Rest	2 mile run	Rest	3.5 mile run	CT or 1 mile run
Rest	3 mile run	Rest	2 mile run	Rest	4 mile run	Planks: 3x for 1 minute each
Rest	3 mile run	CT	2.5 mile run	Rest	4.5 mile run	CT or 1 mile run
Rest	3.5 mile run	CT	3 mile run	Rest	5 mile run	Planks: 3x for 1 minute each
Rest	3 mile run	CT	4 mile run	Rest	3 mile run	Planks: 3x for 1 minute each
Rest	CT or 1 mile run	Rest	10 K Race Day!!			