



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 m run	Rest	CT or Rest	2 m run	Rest	2 m run	25-30 min EZ run or CT
2	2.5 m run	Rest	CT or Rest	2 m run	Rest	2 m run	25-30 min EZ run or CT
3	3m run	Rest	CT or Rest	2 m run	Rest	2.5 m run	25-30 min EZ run or CT
4	3.5m run	Rest	CT or Rest	2 m run	Rest	3.5 m run	30-35 min EZ run or CT
5	3.5m run	Rest	CT or Rest	2 m run	Rest	3.5 m run	35 min EZ run or CT
6	4m run	Rest	CT or Rest	2.5 m run	Rest	4 m run	35-40 min EZ run or CT
7	4.5m run	Rest	CT	2.5 m run	Rest	4.5 m run	35-40 min EZ run or CT
8	5m run	Rest	CT	3 m run	Rest	<b>Practice 10K!</b>	Rest
9	2m run	Rest	CT or Rest	3 m run	Rest	<b>10K Race!</b>	Rest

Rest: A day off from exercising. CT: Cross Training (swimming, cycling or some activity other than running)

For additional info see; <http://running.about.com/od/racetraining/a/10Kbeginner.htm>

### MY RUNNING LOG

Week	Dates	MON	TUES	WED	THUR	FRI	SAT	SUN	Weekly Mileage
1	30-Jan	2							
2	6-Feb	2.5							
3	13-Feb	3							
4	20-Feb	3.5							
5	27-Feb	3.5							
6	5-Mar	4							
7	12-Mar	4.5							
8	19-Mar	5					6.2		
9	26-Mar	2					6.2		