

8 - W E E K

# RUN/WALK YOUR FIRST 10K TRAINING PLAN



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	3 miles with Magic Mile	30 min Run/Walk + Strength	Easy Walk	30-45 min Run/Walk	Strength	Rest	4 miles*
WEEK 2	Rest or Cross-Train	30 min Run/Walk + Strength	Easy Walk	30-45 min Run/Walk	Strength	Rest	5 miles
WEEK 3	Rest or Cross-Train	30 min Run/Walk + Strength	Easy Walk	30-45 min Run/Walk	Strength	Rest	6 miles
WEEK 4	Rest or Cross-Train	30 min Run/Walk + Strength	Easy Walk	30-45 min Run/Walk	Strength	Rest	5 miles with Magic Mile
WEEK 5	Rest or Cross-Train	30 min Run/Walk + Strength	Easy Walk	30-45 min Run/Walk	Strength	Rest	7 miles
WEEK 6	Rest or Cross-Train	30 min Run/Walk + Strength	Easy Walk	30-45 min Run/Walk	Strength	Rest	8 miles
WEEK 7	Rest or Cross-Train	30 min Run/Walk + Strength	Easy Walk	30-45 min Run/Walk	Strength	Rest	5 miles with Magic Mile
WEEK 8	Rest or Cross-Train	30 min Run/Walk + Strength	Easy Walk	30-45 min Run/Walk	Easy Walk	Rest	<b>GOAL 10K</b>

## THE WORKOUTS

### ▶ Run/Walk

To determine your run/walk intervals, use the chart to your right as a guide. If you are running faster than 7 min/mi, walk 20 seconds at each mile mark.

### ▶ Cross-Train

Choose something you enjoy that gives you a good cardio workout. Walking is always good cross training. You can also swim, bike, row, or use the elliptical.

### ▶ Strength

On days you're doing both a run and strength workout, aim to do the run first so your legs feel fresh. Try to keep about six hours between the run and your strength session. If you need workout inspiration, check out [our list of 50+ workouts](#).

### ▶ Easy Walk

This is a relaxed walk for 20 to 45 minutes.

### ▶ Magic Mile

Here's how to do it:

1. Warm up with a slow 1-mile run.
2. Do a few acceleration gliders: Start at walking pace, gradually accelerate to long-run pace, then to half-marathon pace, and then to 10K race pace. From there, gradually work back down to a walking pace. Aim for a smooth transition.
3. Keep running, pacing yourself as evenly as possible.
4. Run about as hard as you can for one mile. You should finish feeling that you couldn't have run more than a football field at the same pace, but you shouldn't be so tired that you can't finish your run.
5. After the one-mile time trial, walk for 5 minutes, and jog a slow 1 to 6 miles, as needed for the day's mileage.

To find your 10K race pace, multiply your Magic Mile time by 1.15.

Adjust your run/walk interval to your pace per mile. If you need a place to start, use this chart:

### PREDICTED RACE PACE

PACE	RUN	WALK
18 min mile	5 sec	30 sec
17 min mile	10 sec	30 sec
16 min mile	10 sec	30 sec
15 min mile	15 sec	30 sec
14 min mile	30 sec	30 sec
13 min mile	30 sec	30 sec
12 min mile	60 sec	30 sec
11 min mile	60 sec	30 sec
10 min mile	90 sec	30 sec
9 min mile	2 min	30 sec
8 min mile	4 min	30 sec
7 min mile	6 min	30 sec

- \* If your previous long run was shorter than 4 miles, walk the difference between that run and this run. For example, if your previous long run was 3 miles, walk 2 miles today then run/walk another 2 to reach the minimum 4-mile goal for today.