6 Week 10K Training Plan

Beginner Plan

If you can run at least 20 minutes without stopping, even at a slow pace, try this program. It adds on miles gradually to enable you to get from the start line to the nish line feeling strong!

TURKEY TROT
ST. PAUL
November 22, 2018
www.turkeytrotsaintpaul.com

GOAL: _____

DAY	MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OCT 15-21	20 min	x-train	20 min	x-train	rest	2 miles	rest
OCT 22-28	20 min	x-train	20 min	x-train	rest	3 miles	rest
OCT 29-4	25 min	x-train	20 min	x-train	rest	4 miles	rest
NOV 5-11	30 min	x-train	20 min	x-train	rest	5 miles	rest
NOV 12-18	20 min	x-train	25 min	x-train	rest	5 miles	rest
NOV 19-22	20 min	25 min	rest		Congratulations! Enjoy your thanksgiving feast		

Race these 3 and get this award at the Xperience Fitness Reindeer Run on Dec 8

Running Room LTD.

MNRun series

www.mnrunseries.com