

GPRWC Beginner Run 10K Training Schedule 2018

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1 - Feb 25-March 3	1 min run, 2 min walk -4k	Cross-train or rest	1 min run, 2 min walk - 10 cycles - 30 minutes	Cross-train or rest	1 min run, 2 min walk - 10 cycles - 30 minutes	Cross-train or rest	Rest
Week 2 - Mar 4 - 10	1 min run, 1 min walk - 4k	Cross-train or rest	1 min run, 1 min walk - 12 cycles - 24 minutes	Cross-train or rest	1 min run, 1 min walk - 12 cycles - 24 minutes	Cross-train or rest	Rest
Week 3 - Mar 11-17	1:30 min run, 1 min walk - 5k	Cross-train or rest	1:30 run, 1 min walk - 12 cycles, 30 min	Cross-train or rest	1:30 run, 1 min walk - 12 cycles, 30 min	Cross-train or rest	Rest
Week 4 - Mar 18-24	2 min run, 1 min walk - 5k	Cross-train or rest	2 min run, 1 min walk - 10 cycles 30 minutes	Cross-train or rest	2 min run, 1 min walk - 10 cycles 30 minutes	Cross-train or rest	Rest
Week 5 - Mar 25-31	2:30 min run, 1 min walk - 6k	Cross-train or rest	2:30 run, 1 min walk - 10 cycles - 35 min	Cross-train or rest	2:30 run, 1 min walk - 10 cycles - 35 min	Cross-train or rest	Rest (Start Recovery Week)
Week 6 - Apr 1-7	3 min run, 1 min walk - 4K (Easter Sunday)	Cross-train or rest	3 min run, 1 min walk - 8 cycles - 32 minutes	Cross-train or rest	3 min run, 1 min walk - 8 cycles - 32 minutes	Cross-train or rest	Rest
Week 7 - Apr 8-14	4 min run, 1 min walk - 7k	Cross-train or rest	4 min run, 1 min walk, 7 cycles - 35 minutes	Cross-train or rest	4 min run, 1 min walk, 7 cycles - 35 minutes	Cross-train or rest	Rest
Week 8 - Apr 15-21	5 min run, 1 min walk - 8k	Cross-train or rest	5 min run, 1 min walk - 6 cycles -36 minutes	Cross-train or rest	5 min run, 1 min walk - 6 cycles - 36 minutes	Cross-train or rest	Rest
Week 9 - Apr 22-28	5 min run, 1 min walk - 10k	Cross-train or rest	5 min run, 1 min walk, 7 cycles - 42 minutes	Cross-train or rest	5 min run, 1 min walk, 7 cycles - 42 minutes	Cross-train or rest	Rest
Week 10 -Apr 29-May 5	5 min run, 1 min walk - 10k (or 8K in Brian Harms Race)	Cross-train or rest	5 min run, 1 min walk, 7 cycles - 42 minutes	Cross-train or rest	5 min run, 1 min walk, 7 cycles - 42 minutes	Cross-train or rest	Rest

Week 11 - May 6-12	5 min run, 1 min walk - 8k	Cross-train or rest (Victoria Day)	5 min run, 1 min walk - 5 cycles - 30 minutes	Cross-train or rest	5 min run, 1 min walk - 5 cycles - 30 minutes	Cross-train or rest	Rest - Brian Harms Race tomorrow!
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