



10 WEEK PLAN TO A 5K

January 23, 2010

MAKE SURE TO TAKE A DAY OFF BETWEEN WORKOUTS!

Week	Workout 1	Workout 2	Workout 3
Nov. 16 - Nov. 22	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
Nov. 23 - Nov. 29	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
Nov. 30 - Dec. 6	Brisk five-minute warmup walk, then do two repetitions of the following:	Brisk five-minute warmup walk, then do two repetitions of the following:	Brisk five-minute warmup walk, then do two repetitions of the following:
	Jog 200 yards (or 90 seconds)	Jog 200 yards (or 90 seconds)	Jog 200 yards (or 90 seconds)
	Walk 200 yards (or 90 seconds)	Walk 200 yards (or 90 seconds)	Walk 200 yards (or 90 seconds)
	Jog 400 yards (or 3 minutes)	Jog 400 yards (or 3 minutes)	Jog 400 yards (or 3 minutes)
	Walk 400 yards (or 3 minutes)	Walk 400 yards (or 3 minutes)	Walk 400 yards (or 3 minutes)
Dec. 7 - Dec. 13	Brisk five-minute warmup walk then:	Brisk five-minute warmup walk then:	Brisk five-minute warmup walk then:
	Jog 1/4 mile (or 3 minutes)	Jog 1/4 mile (or 3 minutes)	Jog 1/4 mile (or 3 minutes)
	Walk 1/8 mile (or 90 seconds)	Walk 1/8 mile (or 90 seconds)	Walk 1/8 mile (or 90 seconds)
	Jog 1/2 mile (or 5 minutes)	Jog 1/2 mile (or 5 minutes)	Jog 1/2 mile (or 5 minutes)
	Walk 1/4 mile (or 2-1/2 minutes)	Walk 1/4 mile (or 2-1/2 minutes)	Walk 1/4 mile (or 2-1/2 minutes)
	Jog 1/4 mile (or 3 minutes)	Jog 1/4 mile (or 3 minutes)	Jog 1/4 mile (or 3 minutes)
	Walk 1/8 mile (or 90 seconds)	Walk 1/8 mile (or 90 seconds)	Walk 1/8 mile (or 90 seconds)
	Jog 1/2 mile (or 5 minutes)	Jog 1/2 mile (or 5 minutes)	Jog 1/2 mile (or 5 minutes)

Week	Workout 1	Workout 2	Workout 3
Dec. 14 - Dec. 20	Brisk five-minute warmup walk then:	Brisk five-minute warmup walk then:	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
	Jog 1/2 mile (or 5 minutes)	Jog 3/4 mile (or 8 minutes)	
	Walk 1/4 mile (or 3 minutes)	Walk 1/2 mile (or 5 minutes)	
	Jog 1/2 mile (or 5 minutes)	Jog 3/4 mile (or 8 minutes)	
	Walk 1/4 mile (or 3 minutes)		
	Jog 1/2 mile (or 5 minutes)		
Dec. 21 - Dec. 27	Brisk five-minute warmup walk, then:	Brisk five-minute warmup walk, then:	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking.
	Jog 1/2 mile (or 5 minutes)	Jog 1 mile (or 10 minutes)	
	Walk 1/4 mile (or 3 minutes)	Walk 1/4 mile (or 3 minutes)	
	Jog 3/4 mile (or 8 minutes)	Jog 1 mile (or 10 minutes)	
	Walk 1/4 mile (or 3 minutes)		
	Jog 1/2 mile (or 5 minutes)		
Dec. 28 - Jan. 3	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).
Jan. 4 - Jan. 10	Brisk five-minute warmup walk, then jog 2.75 miles (or 28minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28minutes).
Jan. 11 - Jan. 17	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).
Week of Jan 18th	RACE WEEK!! (JANUARY 23, 2010)		