

The following program is for the beginning runner wishing to complete their first 10k race. The program is a 12 week progression of easy running combined with walking. Participants will build to 80 min of continuous running and walking prior to the event.

The overall intensity of this program is designed to be easy. The goal is to finish...not run a fast time! The paces of each session are set approximately between 12 and 16 minutes per mile, however efforts should always be kept easy and/or aerobic in nature. Breathing should be controlled and comfortable. If you bring along a friend...a good idea, the intensity should always be low enough to maintain a conversation. Also, have fun!

### NOVEMBER 2009

	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7	SUN 8
1	OFF	WALK 5 min  8 min as follows:  <u>4 x ...</u> Easy running (1 minute) Walk (1 minute)  WALK 5min Total = 18 min	OFF	WALK 5 min  10 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 20 min	OFF	WALK 5 min  16 min as follows:  <u>2 x ...</u> Easy running (4 minutes) Walk (4 minutes)  WALK 5min Total = 30 min	OFF...  You may switch Sat with Sun as needed   Week total = 1:08
2	MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14	SUN 15
	OFF	WALK 5 min  12 min as follows:  <u>6 x ...</u> Easy running (1 minute) Walk (1 minute)  WALK 5min Total = 22 min	OFF	WALK 5 min  14 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 24 min	OFF	WALK 5 min  18 min as follows:  <u>2 x ...</u> Easy running (6 minutes) Walk (3 minutes)  WALK 5min Total = 35 min	OFF...  You may switch Sat with Sun as needed   Week total = 1:16
3	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21	SUN 22
	OFF	WALK 5 min  16 min as follows:  <u>4 x ...</u> Easy running (2 minutes) Walk (2 minutes)  WALK 5min Total = 26 min	OFF	WALK 5 min  18 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 28 min	OFF	WALK 5 min  24 min as follows:  <u>2 x ...</u> Easy running (9 minutes) Walk (3 minute)  WALK 5min Total = 40 min	OFF...  You may switch Sat with Sun as needed   Week total = 1:29
4	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29
	OFF	WALK 5 min  20 min as follows:  <u>5 x ...</u> Easy running (2 minute) Walk (2 minute)  WALK 5min Total = 30 min	OFF	WALK 5 min  24 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 34 min	OFF	WALK 5 min  30 min as follows:  <u>2 x ...</u> Easy running (12 minutes) Walk (3 minutes)  WALK 5min Total = 40 min	OFF...  You may switch Sat with Sun as needed   Week total = 1:44

## DECEMBER 2009

	MON 30	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6
5	<p>WALK 5 min</p> <p>10 min easy running</p> <p>WALK 5 min</p> <p>Total = 20 min</p>	<p>WALK 5 min</p> <p>16 min as follows:</p> <p style="text-align: center;">4 x ...</p> <p>Easy running (2 minutes)</p> <p>Walk (2 minutes)</p> <p>WALK 5min</p> <p>Total = 26 min</p>	OFF	<p>WALK 5 min</p> <p>20 min of easy running (WALKING AS NEEDED)</p> <p>WALK 5min</p> <p>Total = 30 min</p>	OFF	<p>WALK 5 min</p> <p>35 min as follows:</p> <p>Easy running (15 minutes)</p> <p>Walk (5 minutes)</p> <p>Easy running (15 minutes)</p> <p>WALK 5min</p> <p>Total = 45 min</p>	<p>OFF...</p> <p>You may switch Sat with Sun as needed</p> <p>Week total = 2:01</p>
	MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12	SUN 13
6	<p>WALK 5 min</p> <p>15 min easy running</p> <p>WALK 5 min</p> <p>Total = 25 min</p>	<p>WALK 5 min</p> <p>20 min as follows:</p> <p style="text-align: center;">5 x ...</p> <p>Easy running (2 minute)</p> <p>Walk (2 minute)</p> <p>WALK 5min</p> <p>Total = 30 min</p>	OFF	<p>WALK 5 min</p> <p>25 min of easy running (WALKING AS NEEDED)</p> <p>WALK 5min</p> <p>Total = 35 min</p>	OFF	<p>WALK 5 min</p> <p>45 min as follows:</p> <p>Easy running (20 minutes)</p> <p>Walk (5 minutes)</p> <p>Easy running (20 minutes)</p> <p>WALK 5min</p> <p>Total = 55 min</p>	<p>OFF...</p> <p>You may switch Sat with Sun as needed</p> <p>Week total = 2:25</p>
	MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19	SUN 20
7	<p>WALK 5 min</p> <p>20 min easy running</p> <p>WALK 5 min</p> <p>Total = 30 min</p>	<p>WALK 5 min</p> <p>30 min of easy running (WALKING AS NEEDED)</p> <p>WALK 5min</p> <p>Total = 40 min</p>	OFF	<p>WALK 5 min</p> <p>20 min of easy running (WALKING AS NEEDED)</p> <p>WALK 5min</p> <p>Total = 30 min</p>	OFF	<p>WALK 5 min</p> <p>55 min as follows:</p> <p>Easy running (25 minutes)</p> <p>Walk (5 minutes)</p> <p>Easy running (25 minutes)</p> <p>WALK 5min</p> <p>Total = 65 min</p>	<p>OFF...</p> <p>You may switch Sat with Sun as needed</p> <p>Week total = 2:45</p>
	MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27
8	<p>WALK 5 min</p> <p>25 min easy running</p> <p>WALK 5 min</p> <p>Total = 35 min</p>	<p>WALK 5 min</p> <p>35 min of easy running (WALKING AS NEEDED)</p> <p>WALK 5min</p> <p>Total = 45 min</p>	OFF	<p>WALK 5 min</p> <p>20 min of easy running (WALKING AS NEEDED)</p> <p>WALK 5min</p> <p>Total = 30 min</p>	OFF	<p>WALK 5 min</p> <p>65 min as follows:</p> <p>Easy running (30 minutes)</p> <p>Walk (5 minutes)</p> <p>Easy running (30 minutes)</p> <p>WALK 5min</p> <p>Total = 75 min</p>	<p>OFF...</p> <p>You may switch Sat with Sun as needed</p> <p>Week total = 3:05</p>

# JANUARY 2010

	MON 28	TUE 29	WED 30	THU 31	FRI 1	SAT 2	SUN 3
9	WALK 5 min  20 min easy running  WALK 5 min  Total = 30 min	WALK 5 min  30 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 40 min	OFF	WALK 5 min  20 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 30 min	OFF	WALK 5 min  65 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 75 min	OFF...  You may switch Sat with Sun as needed    Week total = 2:55
	MON 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9	SUN 10
10	WALK 5 min  25 min easy running  WALK 5 min  Total = 35 min	WALK 5 min  35 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 45 min	OFF	WALK 5 min  20 min easy running  WALK 5 min  Total = 30 min	OFF	WALK 5 min  70 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 80 min	OFF...  You may switch Sat with Sun as needed    Week total = 3:10
	MON 11	TUE 12	WED 13	THU 14	FRI 15	SAT 16	SUN 17
11	WALK 5 min  35 min easy running  WALK 5 min  Total = 35 min	WALK 5 min  40 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 50 min	OFF	WALK 5 min  25 min easy running  WALK 5 min  Total = 30 min	OFF	WALK 5 min  60 min of easy running (WALKING AS NEEDED)  WALK 5min  Total = 70 min	OFF...  You may switch Sat with Sun as needed    Week total = 3:05
	MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23	SUN 24
12	WALK 5 min  25 min easy running  WALK 5 min  Total = 35 min	WALK 5 min  30 min of easy running (WALKING AS NEEDED) WALK 5min  Total = 40 min	OFF	WALK 5 min  20 min easy running  WALK 5 min  Total = 30 min	OFF	<b>RACE</b>	WALK 5 min  20 min easy running  WALK 5 min  Total = 30 min