

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 2010

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

## DECEMBER 2010

	<b>MON 29</b>	<b>TUE 30</b>	<b>WED 1</b>	<b>THU 2</b>	<b>FRI 3</b>	<b>SAT 4</b>	<b>SUN 5</b>
5	<p>WALK 5 min</p> <p><b>10 min easy running</b></p> <p>WALK 5 min</p> <p><b>Total = 20 min</b></p>	<p>WALK 5 min</p> <p><b>16 min as follows:</b></p> <p style="text-align: center;">4 x ...</p> <p>Easy running (2 minutes) Walk (2 minutes)</p> <p>WALK 5min</p> <p><b>Total = 26 min</b></p>	OFF	<p>WALK 5 min</p> <p><b>20 min of easy running (WALKING AS NEEDED)</b></p> <p>WALK 5min</p> <p><b>Total = 30 min</b></p>	OFF	<p>WALK 5 min</p> <p><b>35 min as follows:</b></p> <p>Easy running (15 minutes) Walk (5 minutes) Easy running (15 minutes)</p> <p>WALK 5min</p> <p><b>Total = 45 min</b></p>	<p>OFF...</p> <p><i>You may switch Sat with Sun as needed</i></p> <p><b>Week total = 2:01</b></p>
	<b>MON 6</b>	<b>TUE 7</b>	<b>WED 8</b>	<b>THU 9</b>	<b>FRI 12</b>	<b>SAT 11</b>	<b>SUN 12</b>
6	<p>WALK 5 min</p> <p><b>15 min easy running</b></p> <p>WALK 5 min</p> <p><b>Total = 25 min</b></p>	<p>WALK 5 min</p> <p><b>20 min as follows:</b></p> <p style="text-align: center;">5 x ...</p> <p>Easy running (2 minute) Walk (2 minute)</p> <p>WALK 5min</p> <p><b>Total = 30 min</b></p>	OFF	<p>WALK 5 min</p> <p><b>25 min of easy running (WALKING AS NEEDED)</b></p> <p>WALK 5min</p> <p><b>Total = 35 min</b></p>	OFF	<p>WALK 5 min</p> <p><b>45 min as follows:</b></p> <p>Easy running (20 minutes) Walk (5 minutes) Easy running (20 minutes)</p> <p>WALK 5min</p> <p><b>Total = 55 min</b></p>	<p>OFF...</p> <p><i>You may switch Sat with Sun as needed</i></p> <p><b>Week total = 2:25</b></p>
	<b>MON 13</b>	<b>TUE 14</b>	<b>WED 15</b>	<b>THU 16</b>	<b>FRI 17</b>	<b>SAT 18</b>	<b>SUN 19</b>
7	<p>WALK 5 min</p> <p><b>20 min easy running</b></p> <p>WALK 5 min</p> <p><b>Total = 30 min</b></p>	<p>WALK 5 min</p> <p><b>30 min of easy running (WALKING AS NEEDED)</b></p> <p>WALK 5min</p> <p><b>Total = 40 min</b></p>	OFF	<p>WALK 5 min</p> <p><b>20 min of easy running (WALKING AS NEEDED)</b></p> <p>WALK 5min</p> <p><b>Total = 30 min</b></p>	OFF	<p>WALK 5 min</p> <p><b>55 min as follows:</b></p> <p>Easy running (25 minutes) Walk (5 minutes) Easy running (25 minutes)</p> <p>WALK 5min</p> <p><b>Total = 65 min</b></p>	<p>OFF...</p> <p><i>You may switch Sat with Sun as needed</i></p> <p><b>Week total = 2:45</b></p>
	<b>MON 20</b>	<b>TUE 21</b>	<b>WED 22</b>	<b>THU 23</b>	<b>FRI 24</b>	<b>SAT 25</b>	<b>SUN 26</b>
8	<p>WALK 5 min</p> <p><b>25 min easy running</b></p> <p>WALK 5 min</p> <p><b>Total = 35 min</b></p>	<p>WALK 5 min</p> <p><b>35 min of easy running (WALKING AS NEEDED)</b></p> <p>WALK 5min</p> <p><b>Total = 45 min</b></p>	OFF	<p>WALK 5 min</p> <p><b>20 min of easy running (WALKING AS NEEDED)</b></p> <p>WALK 5min</p> <p><b>Total = 30 min</b></p>	OFF	<p>WALK 5 min</p> <p><b>65 min as follows:</b></p> <p>Easy running (30 minutes) Walk (5 minutes) Easy running (30 minutes)</p> <p>WALK 5min</p> <p><b>Total = 75 min</b></p>	<p>OFF...</p> <p><i>You may switch Sat with Sun as needed</i></p> <p><b>Week total = 3:05</b></p>

## JANUARY 2011

	<b>MON 27</b>	<b>TUE 28</b>	<b>WED 29</b>	<b>THU 30</b>	<b>FRI 31</b>	<b>SAT 1</b>	<b>SUN 2</b>
9	WALK 5 min  <b>20 min easy running</b>  WALK 5 min  <b>Total = 30 min</b>	WALK 5 min  <b>30 min of easy running (WALKING AS NEEDED)</b>  WALK 5min  <b>Total = 40 min</b>	OFF	WALK 5 min  <b>20 min of easy running (WALKING AS NEEDED)</b>  WALK 5min  <b>Total = 30 min</b>	OFF	WALK 5 min  <b>65 min of easy running (WALKING AS NEEDED)</b>  WALK 5min  <b>Total = 75 min</b>	OFF...  <i>You may switch Sat with Sun as needed</i>   <b>Week total = 2:55</b>
	<b>MON 3</b>	<b>TUE 4</b>	<b>WED 5</b>	<b>THU 6</b>	<b>FRI 7</b>	<b>SAT 8</b>	<b>SUN 9</b>
10	WALK 5 min  <b>25 min easy running</b>  WALK 5 min  <b>Total = 35 min</b>	WALK 5 min  <b>35 min of easy running (WALKING AS NEEDED)</b>  WALK 5min  <b>Total = 45 min</b>	OFF	WALK 5 min  <b>20 min easy running</b>  WALK 5 min  <b>Total = 30 min</b>	OFF	WALK 5 min  <b>70 min of easy running (WALKING AS NEEDED)</b>  WALK 5min  <b>Total = 80 min</b>	OFF...  <i>You may switch Sat with Sun as needed</i>   <b>Week total = 3:10</b>
	<b>MON 12</b>	<b>TUE 11</b>	<b>WED 12</b>	<b>THU 13</b>	<b>FRI 14</b>	<b>SAT 15</b>	<b>SUN 16</b>
11	WALK 5 min  <b>35 min easy running</b>  WALK 5 min  <b>Total = 35 min</b>	WALK 5 min  <b>40 min of easy running (WALKING AS NEEDED)</b>  WALK 5min  <b>Total = 50 min</b>	OFF	WALK 5 min  <b>25 min easy running</b>  WALK 5 min  <b>Total = 30 min</b>	OFF	WALK 5 min  <b>60 min of easy running (WALKING AS NEEDED)</b>  WALK 5min  <b>Total = 70 min</b>	OFF...  <i>You may switch Sat with Sun as needed</i>   <b>Week total = 3:05</b>
	<b>MON 17</b>	<b>TUE 18</b>	<b>WED 19</b>	<b>THU 20</b>	<b>FRI 21</b>	<b>SAT 22</b>	<b>SUN 23</b>
12	WALK 5 min  <b>25 min easy running</b>  WALK 5 min  <b>Total = 35 min</b>	WALK 5 min  <b>30 min of easy running (WALKING AS NEEDED)</b>  WALK 5min  <b>Total = 40 min</b>	OFF	WALK 5 min  <b>20 min easy running</b>  WALK 5 min  <b>Total = 30 min</b>	OFF	<b>RACE</b>	WALK 5 min  <b>20 min easy running</b>  WALK 5 min  <b>Total = 30 min</b>