

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 2011

	MON 31	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6
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	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	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	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 2011

	MON 28	TUE 29	WED 30	THU 1	FRI 2	SAT 3	SUN 4
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) 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) Walk (5 minutes) Easy running (15 minutes)</p> <p>WALK 5min</p> <p>Total = 45 min</p>	<p>OFF...</p> <p><i>You may switch Sat with Sun as needed</i></p> <p>Week total = 2:01</p>
	MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10	SUN 11
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) 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) Walk (5 minutes) Easy running (20 minutes)</p> <p>WALK 5min</p> <p>Total = 55 min</p>	<p>OFF...</p> <p><i>You may switch Sat with Sun as needed</i></p> <p>Week total = 2:25</p>
	MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17	SUN 18
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) Walk (5 minutes) Easy running (25 minutes)</p> <p>WALK 5min</p> <p>Total = 65 min</p>	<p>OFF...</p> <p><i>You may switch Sat with Sun as needed</i></p> <p>Week total = 2:45</p>
	MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24	SUN 25
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) Walk (5 minutes) Easy running (30 minutes)</p> <p>WALK 5min</p> <p>Total = 75 min</p>	<p>OFF...</p> <p><i>You may switch Sat with Sun as needed</i></p> <p>Week total = 3:05</p>

JANUARY 2012

	MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31	SUN 1
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... <i>You may switch Sat with Sun as needed</i> Week total = 2:55
	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7	SUN 8
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... <i>You may switch Sat with Sun as needed</i> Week total = 3:10
	MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14	SUN 15
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... <i>You may switch Sat with Sun as needed</i> Week total = 3:05
	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21	SUN 22
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	RACE	WALK 5 min 20 min easy running WALK 5 min Total = 30 min