

FIT SCHOOL



10-Week Fairhaven Runners & Walkers Basic 10K Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	A	G	F	H	Off or G	3 miles slow	Off
2	B	G	D	H	Off or G	3.5 miles slow	Off
3	C	G	E	H	Off or G	4 miles slow	Off
4	A	H	F	H	Off or G	3 miles slow	Off
5	B	H	D	H	Off or G	4.5 miles slow	Off
6	C	I	E	H	Off or G	5 miles slow	Off
7	A	I	F	H	Off or G	6 miles slow	Off
8	B	I	D	H	Off or G	7 miles slow	Off
9	C	G	E	H	Off or G	3 miles slow	Off
10	A	Off	3 miles slow	2 miles slow	Off or G	10K Race!	Off

For a Personalized Workout Plan designed by Coach Carol, visit <http://thefitschool.com/classes/online/>



10-Week Fairhaven Runners & Walkers Basic 10K Training Plan

SPEED/STRENGTH Workouts

A

10-minute slow warm-up
 (1-minute faster pace /
 1-minute very slow pace)for 28
 minutes
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

B

10-minute slow warm-up
 Find a gradual to steep hill to run up
 30-seconds at faster pace uphill /
 walk down hill / Repeat 15 times
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

C

10-minute slow warm-up
 (2 minutes faster pace /
 2 minutes very slow pace) for 28
 minutes
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

TEMPO/PACING Workouts

D

10-minute slow warm-up
 20 minutes at comfortably hard
 pace
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

E

10-minute slow warm-up
 (3-minutes at comfortably hard
 pace/1-minute slower pace) for 28
 minutes
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

F

10-minute slow warm-up
 (10-minutes at comfortably hard
 pace/5-minute walk) x 2
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

FILLER Workouts

G

30 minute walk
 *3-Minute Core Workout
 **Stretch

H

45 minute slow swim, bike,
 elliptical, roller-blade, kayak, run,
 or walk
 *3-Minute Core Workout
 **Stretch

I

1 hour slow walk or slow run
 *3-Minute Core Workout
 **Stretch

*3 Minute Core Video: <https://www.youtube.com/watch?v=mhGJN-hIS70>

**Stretching Video: <https://www.youtube.com/watch?v=P0Sg1MHmjY>

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Fit School ABC Training Plans™