



Providence Heart to Start

10k Training Program *



Week	Monday	Tuesday	Wednesday**	Thursday	Friday	Saturday	Sunday
1	Yoga/stretch	run 2 miles easy pace	5 minute warmup + five repeats of 1 run/ 2 minute walk	run 2 miles- moderate pace/ light strength training	off	30 min cross train (cycle, swim etc)	5 minute warmup + 2 mile moderate run
2	Yoga/stretch	run 2.5 miles - easy pace	5 minute warmup + five repeats of 1 minute run/ 2 minute walk	run 2.5 miles- moderate pace/ light strength training	off	32 min cross train (cycle, swim etc)	5 minute warmup + 2.5 mile moderate run
3	Yoga/stretch	run 3 miles- easy pace	5 minute warmup + five repeats of 1 min run :30 second sprint/1:30 walk	run 3 miles- moderate pace/ light strength training	off	34 min cross train (cycle, swim etc)	5 minute warmup + 3 mile moderate jog
4	Yoga/stretch	run 2 miles - moderate pace	5 minute warmup + five repeats of 1 min run :30 second sprint/1:30 walk	run 3 miles- moderate pace/ light strength training	off	36 min cross train (cycle, swim etc)	5 minute warmup + 3.5 mile moderate jog
5	Yoga/stretch	run 2.5 miles - moderate pace	5 minute warmup + five repeats of 2:30 minute run / 1:30 minute walk	run 3 miles- moderate pace/ light strength training	off	38 min cross train (cycle, swim etc)	5 minute warmup + 4 mile moderate jog
6	Yoga/stretch	run 3 miles - moderate pace	5 minute warmup + five repeats of 2 minute run:1 minute sprint/ 1 minute walk	run 3 miles- moderate pace/ light strength training	off	40 min cross train (cycle, swim etc)	5 minute warmup + 4.5 mile moderate jog
7	Yoga/stretch	run 3 miles - moderate pace	5 minute warmup + five repeats of 2:30 minute run: 1 minute sprint / 30 seconds walk	run 3 miles- moderate pace/ light strength training	off	40 min cross train (cycle, swim etc)	5 minute warmup + 5 mile moderate jog
8	Yoga/stretch	run 3 miles - moderate pace	5 minute warmup + five repeats of 3 minute run: 1 minute sprint / 30 seconds walk	run 3 miles- moderate pace/ light strength training	off	40 min cross train (cycle, swim etc)	5 minute warmup + 5.5 mile moderate jog
9	Yoga/stretch	run 3 miles - moderate pace	5 minute warmup + four repeats of 4 minute run: 1 minute sprint/ 1 minute walk	run 3 miles- moderate pace/ light strength training	off	40 min cross train (cycle, swim etc)	5 minute warmup + 6 mile moderate jog
10	Yoga/stretch	run 3 miles - moderate pace	5 minute warmup + four repeats of 5 minute run: 1 minute sprint/ :30 seconds walk	run 3 miles- moderate pace/ light strength training	off	40 min cross train (cycle, swim etc)	5 minute warmup + 6 mile moderate jog
11	Yoga/stretch	run 3 miles - moderate pace	5 minute warmup + four repeats of 6 minute run: 1 minute sprint / :30 seconds walk	run 3 miles- moderate pace/ light strength training	off	40 min cross train (cycle, swim etc)	5 minute warmup + 5 mile moderate jog
12	Yoga/stretch	run 3 miles - moderate pace	5 minute warmup + four repeats of 7 minute run: 1 minute sprint / :30 seconds walk	run 3 miles- moderate pace/ light strength training	off	40 min cross train (cycle, swim etc)	5 minute warmup + 6 mile moderate jog
13	Yoga/stretch	run 3 miles - moderate pace	5 minute warmup + three repeats of 8 minute run: 1 minute sprint / :30 seconds walk	run 2 miles- moderate pace/ light strength training	off	off	Heart Breaker 10k!

* Before starting the 10K training plan you should be able to run 3 miles and have been exercising a minimum 60 minutes/week.

Before you begin this or any exercise program you should consult your physician. All physical movement involves risk of injuries.

Proceed with caution and at your own risk.

Find training tips and motivation on: www.Hearttostart.org