

















Training For a 10K

by Sage Rountree, USA Triathlon Certified Coach and Registered Yoga Teacher

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	Rest; Yoga or Pilates	Run 50 min. with 10 x (1 min. hard, 1 min. easy). Follow with <a href="#">Balance and Bowling</a> .	Cross train (XT) or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:00. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 20 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 2</b>	Rest; Yoga or Pilates	Run 55 min. with 11 x (1 min. hard, 1 min. easy). Follow with <a href="#">Balance and Bowling</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:10. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 20 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 3</b>	Rest; Yoga or Pilates	Run 60 min. with 12 x (1 min. hard, 1 min. easy). Follow with <a href="#">Balance and Bowling</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:20. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 20 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 4</b>	Rest; Yoga or Pilates	Run 50 min. with 8 x (1 min. hard, 1 min. easy). Follow with <a href="#">Balance and Bowling</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:00. Later in the day, include <a href="#">Relax</a> .	Run 40 min. easy. Follow with <a href="#">Core and More</a> .
<b>WEEK 5</b>	Rest; Yoga or Pilates	Run 60 min. with 4 x (5 min. medium-hard, 2 min. easy). Follow with <a href="#">Pigeon Sequence</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:20. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 20 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 6</b>	Rest; Yoga or Pilates	Run 60 min. with 5 x (5 min. medium-hard, 2 min. easy). Follow with <a href="#">Pigeon Sequence</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:30. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 25 min. at MP. Follow with <a href="#">Core and More</a> .

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 7</b>	Rest; Yoga or Pilates	Run 60 min. with 6 x (5 min. medium-hard, 2 min. easy). Follow with <a href="#">Pigeon Sequence</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:40. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 30 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 8</b>	Rest; Yoga or Pilates	Run 60 min. with 4 x (3 min. medium-hard, 2 min. easy). Follow with <a href="#">Pigeon Sequence</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:10. Later in the day, include <a href="#">Relax</a> .	Run 40 min. at easy. Follow with <a href="#">Core and More</a> .
<b>WEEK 9</b>	Rest; Yoga or Pilates	Run 70 min. with 3 x (10 min. medium, 2 min. easy). Follow with <a href="#">IT Band Express</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:50. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 30 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 10</b>	Rest; Yoga or Pilates	Run 70 min. with 3 x (12 min. medium, 2 min. easy). Follow with <a href="#">IT Band Express</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 3:00. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 30 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 11</b>	Rest; Yoga or Pilates	Run 70 min. with 3 x (10 min. medium, 2 min. easy). Follow with <a href="#">IT Band Express</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 3:00. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 30 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 12</b>	Rest; Yoga or Pilates	Run 70 min. with 3 x (15 min. medium, 2 min. easy). Follow with <a href="#">IT Band Express</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	Rest or XT.	Run 2:20. Later in the day, include <a href="#">Relax</a> .	Run 40 easy. Follow with <a href="#">Core and More</a> .

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 13</b>	 Rest; Yoga or Pilates 	Run 60 min. with 45 min. at MP. Follow with <a href="#">IT Band Express</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	 Rest or XT. 	Run 3:00. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 30 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 14</b>	 Rest; Yoga or Pilates 	Run 60 min. with 40 min. at MP. Follow with <a href="#">IT Band Express</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	 Rest or XT. 	Run 2:00. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 30 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 15</b>	 Rest; Yoga or Pilates 	Run 60 min. with 30 min. at MP. Follow with <a href="#">IT Band Express</a> .	XT or easy run. Follow with <a href="#">Core Flow</a> .	Run 60 min. over hills. Follow with <a href="#">Lunge Series</a> .	 Rest or XT. 	Run 1:20. Later in the day, include <a href="#">Relax</a> .	Run 40 min. with 30 min. at MP. Follow with <a href="#">Core and More</a> .
<b>WEEK 16</b>	 Rest 	Run 45 min. with 20 min. at MP.	XT or easy run.	Run 40 min. easy.	 Rest. 	Run 20 min. with 3 min. at MP. Include <a href="#">Relax</a> .	<b>Race!</b>