

## FRONT RUNNER EVENTS 10K - 8 WEEK BEGINNER PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL TIME
<b>WEEK 1</b>	REST	20 Minutes Easy walk/run	REST	20 Minutes Easy walk/run	Strength & Conditioning	REST	30 Minutes Easy walk/run	<b>70 Minutes</b>
<b>WEEK 2</b>	REST	20 Minutes Easy walk/run	REST	20 Minutes Easy walk/run	Strength & Conditioning	REST	30 Minutes Easy walk/run	<b>70 Minutes</b>
<b>WEEK 3</b>	REST	20 Minutes Easy walk/run	REST	20 Minutes Easy walk/run	Strength & Conditioning	REST	30 Minutes Easy walk/run	<b>70 Minutes</b>
<b>WEEK 4</b>	REST	20 Minutes Easy walk/run	REST	30 Minutes Easy walk/run	Strength & Conditioning	REST	40 Minutes Easy walk/run	<b>90 Minutes</b>
<b>WEEK 5</b>	REST	20 Minutes Easy walk/run	REST	30 Minutes Easy walk/run	Strength & Conditioning	REST	50 Minutes Easy walk/run	<b>100 Minutes</b>
<b>WEEK 6</b>	REST	20 Minutes Easy walk/run	REST	40 Minutes Easy walk/run	Strength & Conditioning	REST	60 Minutes Easy walk/run	<b>120 Minutes</b>
<b>WEEK 7</b>	REST	20 Minutes Easy walk/run	REST	30 Minutes Easy walk/run	Strength & Conditioning	REST	40 Minutes Easy walk/run	<b>90 Minutes</b>
<b>WEEK 8</b>	REST	20 Minutes Easy walk/run	REST	20 Minutes Easy walk/run	Strength & Conditioning	REST	<b>10K Race!</b>	<b>#BeYourBest</b>