

12-Week Training Program For A 10K (6.2 miles)

Here is a 12-week program to get you fit enough to tackle a 10K race. This program assumes that you can walk at a brisk pace for at least 60 minutes. Stick with the program and don't try to do more than is listed each week, even if you feel you can. On the other hand, if you find the program too strenuous, just stretch it out a little and give your body more time to adapt. Remember that a little soreness is normal, pain is not. Be sure to check with your doctor first if you have any concerns or pre-existing medical conditions. Be sure to properly warm up and cool down before and after each training session.

Follow this schedule every other day, for a total of three days a week:

Week 1: Walk 3 days; one 30-minute walk, followed by one 40 minute walk, and then a 60 minute walk. Pick up the pace, pump your arms and break a sweat!

Week 2: Walk 10 minutes. Then jog for 2 minutes and walk for 1 minute. Repeat the jog/walk interval 5 times. Walk 10 minutes to finish.

Week 3: Walk 8 minutes followed by jogging for 3 minutes. Repeat 4 times.

Week 4: Walk 6 minutes then jog for 4 minutes. Repeat 5 times.

Week 5: Walk for 6 minutes then jog for 5 minutes. Repeat 5 times.

Week 6: Walk for 3 minutes then jog for 7 minutes. Repeat 5 times.

Week 7: Walk for 2 minutes then jog for 9 minutes. Repeat 5 times.

Week 8: Walk for 1 minute then jog for 12 minutes. Repeat 5 times.

Week 9: Walk for 1 minute then jog for 14 minutes. Repeat 4 times.

Week 10: Walk for 1 minute then jog for 20 minutes. Repeat 3 times.

Week 11: Walk for 1 minute then jog for 30 minutes. Repeat 2 times.

Week 12: RACE WEEK! Run 1 day for 30 minutes, the next day for 20 minutes and your 10K Race on day three.

Congratulations!

