

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2.0 miles	rest/ct	45 minute walk	rest/ct	1.5 miles	30 minute walk	rest/ct
2	2.5 miles	rest/ct	50 minute walk	rest/ct	2.0 miles	35 minute walk	rest/ct
3	3.0 miles	rest/ct	60 minute walk	rest/ct	2.5 miles	40 minute walk	rest/ct
4	3.5 miles	rest/ct	65 minute walk	rest/ct	3.0 miles	45 minute walk	rest/ct
5	4.0 miles	rest/ct	70 minute walk	rest/ct	3.5 miles	50 minute walk	rest/ct
6	4.5 miles	rest/ct	75 minute walk	rest/ct	4.0 miles	55 minute walk	rest/ct
7	5.0 miles	rest/ct	80 minute walk	rest/ct	4.5 miles	60 minute walk	rest/ct
8	5.5 miles	rest/ct	85 minute walk	rest/ct	5.0 miles	55 minute walk	rest/ct
9	6.0 miles	rest/ct	90 minute walk	rest/ct	4.0 miles	50 minute walk	rest/ct
10	10K walk	rest/ct	30 minute walk	rest/ct	3.0 miles	30 minute walk	rest

\*ct = cross train – do weights, stretching, and/or equipment such as elliptical machine

\*rest = might include very easy walking or stretching or complete rest

\*Tuesday and Friday walks are taken in minutes and should be relaxing so as not to be concerned about having to go a certain distance

\*Thursday walks are in miles to familiarize you with the distance

\*Sunday walks are your important distance workouts leading to completing a 10k