



BMW Seattle 10K RUN

BEGINNER TRAINING PLAN

PRESENTED BY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 2/10 - 2/16	REST DAY	2 MILES OR CROSS-TRAIN	2.5 MILES	2.5 MILES OR CROSS-TRAIN	REST DAY	2.5 MILES	3 MILES
WEEK 2 2/17- 2/23	REST DAY	3 MILES OR CROSS-TRAIN	3 MILES	3 MILES OR CROSS-TRAIN	REST DAY	2.5 MILES	3 MILES
WEEK 3 2/24 - 3/1	REST DAY	3 MILES OR CROSS-TRAIN	3 MILES	3.5 MILES OR CROSS-TRAIN	REST DAY	2.5 MILES	4 MILES
WEEK 4 3/2- 3/8	REST DAY	4 MILES OR CROSS-TRAIN	3 MILES	3.5 MILES OR CROSS-TRAIN	REST DAY	2.5 MILES	5 MILES
WEEK 5 3/9 - 3/15	REST DAY	4 MILES OR CROSS-TRAIN	3.5 MILES	4 MILES OR CROSS-TRAIN	REST DAY	2.5 MILES	3 MILES
WEEK 6 3/16 - 3/22	REST DAY	3 MILES OR CROSS-TRAIN	3 MILES	3 MILES OR CROSS-TRAIN	REST DAY	1 MILE	<u>RACE DAY!</u>

CROSS-TRAIN:

Not a weight-bearing activity. Examples are biking, swimming, rowing or elliptical trainer. You want to maintain and build on your aerobic fitness, while also giving your body a rest from the wear and tear of running.

REST DAYS:

Beginning runners or those who may be experienced at running but training for their first half marathon, it's important to take two days off from running during the week to allow your joints and muscles adequate time to rest.