



12 week **Beginner (Time Goal)**  
10k Training Calendar

**Program Start** – \_\_\_\_\_

**Peak Event Date** – \_\_\_\_\_

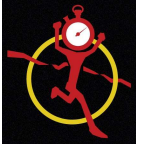
**GOAL** – \_\_\_\_\_

**TRAINING CALENDAR LEGEND**

-  - Colour signifies easy day/effort
-  - Colour signifies harder intensity day/effort
- R - Rest day
- XT - Cross train – bike, swim, squash, etc.

\*All training efforts are shown in **miles**

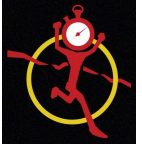
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #1**

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|---|---|--|---|---|--|---|
|   |   |  |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>                                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span>                                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: red;">3</span><br>1 mile warm up<br>3 x <b>800 m</b> 5 seconds<br>faster than projected 10k<br>race pace<br><br>2:30 min. jog/walk<br>between each repeat | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>                                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT                              | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: red;">4</span><br>*1:00 to 1:30 minutes/mile<br>slower than projected 10 k<br>race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT                              |
| Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes:  | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes:  | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: |

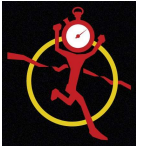
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #2**

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|---|---|--|---|---|--|---|
|   |   |  |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px; color: red;">3</span><br><b>Hills</b><br>-1 mile warm up<br>4 x medium sized hill<br>(1 to 2 minute climb)<br>-Recovery walk down hill | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT              | <span style="border: 1px solid black; border-radius: 50%; padding: 2px; color: red;">5</span><br>*1:00 to 1:30 minutes/mile<br>slower than projected 10 k<br>race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT              |
| Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: |

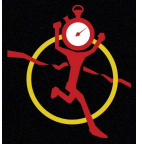
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #3**

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|---|---|--|---|---|--|---|
|   |   |  |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>                                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span>                                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: red;">4</span><br>1 mile warm up<br>4 x <b>800 m</b> 5 seconds<br>faster than projected 10k<br>race pace<br><br>2:30 min. jog/walk<br>between each repeat | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>                                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT                              | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: red;">5.5</span><br>*1:00 to 1:30 minutes/mile<br>slower than projected 10 k<br>race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT                              |
| Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes:  | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes:  | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: |

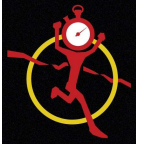
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #4**

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|---|---|--|---|---|--|---|
|   |   |  |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: red;">4</span><br><b>Hills</b><br>-1 mile warm up<br>5 x medium sized hill<br>(1 to 2 minute climb)<br>-Recovery walk down hill | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT          | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: red;">6</span><br>*1:00 to 1:30 minutes/mile<br>slower than projected 10 k<br>race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT          |
| Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: |

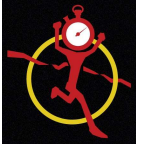
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #5**

| Mon   | Tue   | Wed   | Thu   | Fri   | Sat  | Sun   |
|---|---|---|---|---|--|---|
|   |   |   |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: red;">4</span><br><b>Hills</b><br>-1 mile warm up<br>4 x Large sized hill<br>(Over 2 minute climb)<br>-Recovery walk down hill | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT          | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: red;">4</span><br>*1:00 to 1:30 minutes/mile<br>slower than projected 10 k<br>race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT          |
| Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:   | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: |

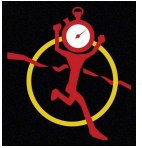
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #6**

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|---|---|--|---|---|--|---|
|   |   |  |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">4</span><br>1 mile warm up<br>7 x <b>400 m</b> 10 seconds per lap faster than projected 10k pace<br><br>1:30-2:00 min. jog/walk between each repeat | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT          | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">7</span><br>*1:00 to 1:30 minutes/mile slower than projected 10 k race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT          |
| Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: |

**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**

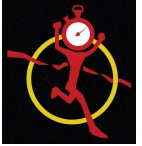


**Week #7**

| Mon   | Tue   | Wed   | Thu   | Fri   | Sat   | Sun   |
|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT              | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">4</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT              | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">8</span><br><i>*1:00 to 1:30 minutes/mile<br/>slower than projected 10 k<br/>race pace</i> | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT              |
| Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:   | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: |



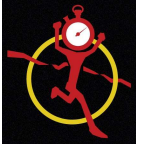
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #8**

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|---|---|--|---|---|--|---|
|   |   |  |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">5</span><br>1 mile warm up<br>5 x <b>800 m</b> 5 seconds<br>faster than projected 10k<br>race pace<br>2:30 min. jog/walk<br>between each repeat | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">5</span>             | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT          | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">8</span><br>*1:00 to 1:30 minutes/mile<br>slower than projected 10 k<br>race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT          |
| Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: |

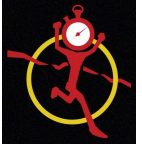
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #9**

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|---|---|--|---|---|--|---|
|   |   |  |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>                                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span>                                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">4</span><br>1 mile warm up<br>8 x <b>400 m</b> 10 seconds per lap faster than projected 10k pace<br><br>1:30-2:00 min. jog/walk between each repeat | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">3</span>                                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT                              | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">6</span><br>*1:00 to 1:30 minutes/mile slower than projected 10 k race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT                              |
| Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes:  | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes:                                    | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: |

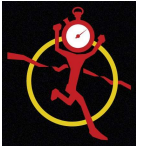
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #10**

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|---|---|--|---|---|--|---|
|   |   |  |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>                                     | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>                                     | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">5</span><br>6 x <b>800 m</b> 5 seconds<br>faster than projected 10k<br>race pace<br><br>2:30 min. jog/walk<br>between each repeat | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">5</span>                                     | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT                                  | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">9</span><br>*1:00 to 1:30 minutes/mile<br>slower than projected 10 k<br>race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT                                  |
| Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes:  | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes:                                      | Treadmill/Outside<br><br>Avg. Speed: _____<br><br>Avg. HR: _____<br><br>Shoes: _____<br><br>Temp: _____<br><br>Notes: |

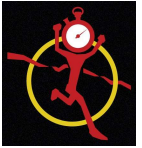
**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #11**

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat  | Sun   |
|---|---|--|---|---|--|---|
|   |   |  |   |   |  |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span><br><b>Hills</b><br>-1 mile warm up<br>4 x medium sized hill<br>(Over 2 minute climb)<br>-Recovery walk down hill | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">4</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT              | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">5</span><br>*1:00 to 1:30 minutes/mile<br>slower than projected 10 k<br>race pace | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT              |
| Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:  | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: |

**ON \_\_\_\_\_, I WILL  
RUN A 10k IN \_\_\_\_\_**



**Week #12**

| Mon   | Tue   | Wed   | Thu   | Fri   | Sat   | Sun   |
|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   |
| <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px; background-color: #ffcc00;">3</span><br>1 mile warm up<br>2 x <b>800 m</b> at projected 10k<br>race pace<br>2:30 min. jog/walk<br>between each repeat | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">4</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>                 | <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>                 | 10k RUN!  |
| Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes:   | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | Treadmill/Outside<br>Avg. Speed: _____<br>Avg. HR: _____<br>Shoes: _____<br>Temp: _____<br>Notes: | <b>RESULTS:</b><br><br><b>Time:</b><br>_____<br><br><b>Comments:</b><br>_____ |