



**CORVALLIS & ALBANY  
SPORT & SPINE  
PHYSICAL THERAPY**



## 10K Novice Training Plan for Fall Festival Run 2019

### 10k Novice

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 29	Rest	2 miles	Cross	2 miles	Rest	Cross	3 miles
Aug 5	Rest	2 miles	Cross	2.5 miles	Rest	Cross	3.5 miles
Aug 12	Rest	2.5 miles	Cross	2.5 miles	Rest	Cross	4 miles
Aug 19	Rest	2 miles	Cross	2.5 miles	Rest	Cross	3 miles
Aug 26	Rest	2.5 miles	Cross	3 miles	Rest	Cross	4.5 miles
Sept 2	Rest	3 miles	Cross	3.5 miles	Rest	Cross	5 miles
Sept 9	Rest	3.5 miles	Cross	3.5 miles	Rest	Cross	5.5 miles
Sept 16	Rest	4 miles	Cross	3 miles	Rest	Cross	4 miles
Sept 23	Rest	3 miles	Cross	3 miles	Rest	Cross	<b>10k</b>

**RACE DAY!**

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc.)

Consider making Thursday a tempo run or other speed work

For a more advanced plan consider a track workout Wednesday with HOTV and flip-flopping Thursday/Friday

- This creates a plan running 4x per week

This is a very loose schedule. Take it and modify as needed to work with your life.

- The specific days are not as important as the number of days and the overall mileage per session

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