



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



Couch to 10K Training Plan for Fall Festival Run 2019

Couch to 10k

w/r = walk run

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------------|-----------|---------------|--------|----------|----------------------|
| July 29 | Rest | 1 mile w/r | Cross | 1 mile w/r | Rest | Cross | 1.5 miles w/r |
| Aug 5 | Rest | 1.5 miles w/r | Cross | 1.5 miles w/r | Rest | Cross | 2 miles w/r |
| Aug 12 | Rest | 1 mile | Cross | 1 mile | Rest | Cross | 1.5 miles |
| Aug 19 | Rest | 1 mile | Cross | 1.5 miles | Rest | Cross | 2 miles |
| Aug 26 | Rest | 1.5 miles | Cross | 2 miles | Rest | Cross | 2.5 miles |
| Sept 2 | Rest | 2 miles | Cross | 2.5 miles | Rest | Cross | 3 miles |
| Sept 9 | Rest | 2.5 miles | Cross | 3 miles | Rest | Cross | 4 miles |
| Sept 16 | Rest | 3 miles | Cross | 3 miles | Rest | Cross | 5 miles |
| Sept 23 | Rest | 2 miles | Cross | 2 miles | Rest | Cross | 10k (6.22 mi) |

RACE DAY!

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

Shoot for 50/50 with the walk/run intervals the first couple weeks, but feel free to do more or less as your body allows

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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