



HEALING MOTION
PHYSICAL THERAPY



Couch to 10K Training Plan for Fall Festival Run 2021

Couch to 10k		w/r = walk run					
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 26	Rest	1 mile w/r	Cross	1 mile w/r	Rest	Cross	1.5 miles w/r
Aug 2	Rest	1.5 miles w/r	Cross	1.5 miles w/r	Rest	Cross	2 miles w/r
Aug 9	Rest	1 mile	Cross	1 mile	Rest	Cross	1.5 miles
Aug 16	Rest	1 mile	Cross	1.5 miles	Rest	Cross	2 miles
Aug 23	Rest	1.5 miles	Cross	2 miles	Rest	Cross	2.5 miles
Aug 30	Rest	2 miles	Cross	2.5 miles	Rest	Cross	3 miles
Sept 6	Rest	2.5 miles	Cross	3 miles	Rest	Cross	4 miles
Sept 13	Rest	3 miles	Cross	3 miles	Rest	Cross	5 miles
Sept 20	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 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.

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

Created by Dr. Peter McMillan, PT, DPT - Healing Motion Physical Therapy - Corvallis
For more content, including our 5 Strength Exercises for Runners, educational YouTube videos, other resources, and to follow us on Social Media, scan the QR code to the right.

