

## 8 Week 10K Training Schedule Beginner/Intermediate

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	10-15 minute walk/jog	Rest	10-15 minute walk/jog	Crosstrain 20 minutes	Rest	25-30 minute walk/jog (try to jog at least 15 minutes)
2	Rest	Crosstrain 20 minutes	10-15 minute walk/jog	Rest	15 minutes jog	Rest	15-20 minute jog (faster pace if able)
3	10 minute easy jog (recovery jog from Saturday)	Rest	Rest	15 minute comfortable walk/jog	Crosstrain 20 minutes	Rest	35 minute walk/jog (try to jog at least 25 minutes)
4	Rest	20 minute easy jog	Rest	15 minute comfortable walk/jog	Crosstrain 20 minutes	Rest	40 minute jog (15-20 minutes at a slightly faster pace if able)
5	Rest	20 minute easy jog	Rest	20 minute comfortable jog	Rest	45 minute jog	rest
6	20 minute comfortable jog	Rest	Crosstrain 20 minutes	20 minute jog (faster pace if able)	Rest	Rest	50 minute jog (20-25 minutes at slightly faster pace if able)
7	Rest	Rest	20 minute comfortable	Rest	20 minute comfortable	Rest	40 minute easy pace
8	Rest	Easy 15-20 minute jog	Rest	Easy 15 minute jog	Rest	10 minute very easy jog	<b>Mayor's Cup 10K</b>

**Cross Training:** Any form of aerobic exercise – except running. Examples of aerobic exercise include: walking, cycling, step aerobics, swimming, elliptical machine. These are schedule before or after your key workouts for 30-60 minutes.

This training schedule is to be used as a guide for beginner and intermediate level runners. The City of Tuscaloosa strongly recommends that participants consult their physician before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. Participants in the Tuscaloosa Mayor's Cup 5K and 10K are voluntarily participating in these activities, assume all risk of injury, and agree to release and discharge the City of Tuscaloosa from any and all claims or causes of action, known or unknown arising out of any training program.