

With a 5K Race under your belt you are ready to move to the next level. A 10K race takes training, technique and belief in yourself. You can do this! Let's start training today...

8 Weeks to Your First 10K Race

From Couch to Accomplished

Stephanie Atwood, M.A., USATF, RRCA, NASM

[Ask Coach Stephanie](#)



8 Week Novice Training Schedule Walk or Run Your First 10K (6.2 Miles)* RACE

Compliments of Coach Stephanie and the WOW Team

Join Us for Training

Reviewed 8-2011

Website: [Go WOW Team](#)

Website: [Ask Coach Stephanie](#)

WEEK 1

<input type="checkbox"/> MONDAY	REST
<input type="checkbox"/> TUESDAY	Cross train for 30 – 60 minutes (include stretching and strengthening)
<input type="checkbox"/> WEDNESDAY	Track workout or tempo run with WOW – 60 minutes
<input type="checkbox"/> THURSDAY	REST or walk/run 20 minutes easy
<input type="checkbox"/> FRIDAY	10 minute warm-up, Run 15 minutes brisk, cool down 10 minutes
<input type="checkbox"/> SATURDAY	Cross train for 30 – 60 minutes (include stretching and strengthening) or REST
<input type="checkbox"/> SUNDAY	Workout total 60 minutes – Warm-up 5 minutes, Run or Run/Walk steady for 55 minutes

Note: Workouts can be a combination of walking and running. The middle workout portion should be walking or running with effort. This is to increase your stamina and strength.

Check off your completed work-out every day. You'll feel great when you do this!

WEEK 2

<input type="checkbox"/> MONDAY	REST
<input type="checkbox"/> TUESDAY	Cross train for 30 – 60 minutes (include stretching and strengthening)
<input type="checkbox"/> WEDNESDAY	Track workout or tempo run with WOW – 60 minutes
<input type="checkbox"/> THURSDAY	10 minute warm-up, Run 15 minutes brisk, cool down 10 minutes
<input type="checkbox"/> FRIDAY	REST or walk/run 30 minutes easy
<input type="checkbox"/> SATURDAY	Complimentary Cross train for 30 – 60 minutes (include stretching and strengthening)
<input type="checkbox"/> SUNDAY	Workout total 55 minutes – Warm-up 5 minutes, steady for 35 minutes, cool-down for 15 minutes

WEEK 3

<input type="checkbox"/> MONDAY	REST
<input type="checkbox"/> TUESDAY	Cross train for 30 – 60 minutes (include stretching and strengthening)
<input type="checkbox"/> WEDNESDAY	Track workout or tempo run with WOW – 60 minutes
<input type="checkbox"/> THURSDAY	10 minute warm-up, Run 15 minutes brisk, cool down 10 minutes
<input type="checkbox"/> FRIDAY	REST or walk 30 minutes easy
<input type="checkbox"/> SATURDAY	Complimentary Cross train for 30 – 60 minutes (include stretching and strengthening)
<input type="checkbox"/> SUNDAY	Workout total 55 minutes – Warm-up 5 minutes, steady for 40 minutes, cool-down for 10 minutes

WEEK 4

<input type="checkbox"/> MONDAY	REST
<input type="checkbox"/> TUESDAY	Cross train for 30 – 60 minutes (include stretching and strengthening)
<input type="checkbox"/> WEDNESDAY	Track workout or tempo run with WOW – 60 minutes
<input type="checkbox"/> THURSDAY	10 minute warm-up, Run 20 minutes brisk, cool down 10 minutes
<input type="checkbox"/> FRIDAY	REST or walk 30 minutes easy
<input type="checkbox"/> SATURDAY	Complimentary Cross train for 30 – 60 minutes (include stretching and strengthening)
<input type="checkbox"/> SUNDAY	Workout total 60 minutes – Warm-up 5 minutes, steady for 40 minutes, cool-down for 15 minutes

[Go WOW Team](#) and [Ask Coach Stephanie](#)

San Francisco, CA 415 682-8819

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ALTB International, Inc. Founder, Stephanie Atwood



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WEEK 5

__ MONDAY	REST
__ TUESDAY	Cross train for 30 – 60 minutes (include stretching and strengthening)
__ WEDNESDAY	Track workout or tempo run with WOW – 60 minutes
__ THURSDAY	10 minute warm-up, Run 20 minutes brisk, cool down 10 minutes
__ FRIDAY	REST or walk 30 minutes easy
__ SATURDAY	Complimentary Cross train for 30 – 60 minutes (include stretching and strengthening)
__ SUNDAY	Workout total 60 minutes – Warm-up 5 minutes, steady for 45 minutes, cool-down for 10 minutes

WEEK 6

__ MONDAY	REST
__ TUESDAY	Cross train for 30 – 60 minutes (include stretching and strengthening)
__ WEDNESDAY	Track workout or tempo run with WOW – 60 minutes
__ THURSDAY	10 minute warm-up, Run 25 minutes brisk, cool down 10 minutes
__ FRIDAY	REST or walk 30 minutes easy
__ SATURDAY	Complimentary Cross train for 30 – 60 minutes (include stretching and strengthening)
__ SUNDAY	Complete a 10K course at whatever pace you need

WEEK 7

__ MONDAY	REST
__ TUESDAY	Cross train for 30 – 60 minutes (include stretching and strengthening)
__ WEDNESDAY	Track workout or tempo run with WOW – 60 minutes
__ THURSDAY	10 minute warm-up, Run 25 minutes brisk, cool down 10 minutes
__ FRIDAY	REST or walk 30 minutes easy
__ SATURDAY	Complimentary Cross train for 30 – 60 minutes (include stretching and strengthening)
__ SUNDAY	Workout total 70 minutes – Warm-up 5 minutes, steady for 50 minutes, cool-down for 15 minutes

WEEK 8

__ MONDAY	REST
__ TUESDAY	Cross train for 30 – 60 minutes (include stretching and strengthening)
__ WEDNESDAY	Track workout or tempo run with WOW – 60 minutes
__ THURSDAY	Warm-up 5 minutes, Run steady and hard for 2 miles, cool-down 5 minutes
__ FRIDAY	REST
__ SATURDAY	Walk or jog easy 20 minutes (to calm those nerves)
__ SUNDAY	WALK/RUN YOUR RACE!! (Walk as much as you need to) Go the distance!! Hurrah!!



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Details

For first time 10K competitors. This training assumes that you have already done a 5K race. You already know what it's like to be in a competition. Now you are building up your strength, endurance, and distance. **You CAN DO THIS!!**

When the schedule says "steady" this means pace yourself to go the distance. Your longest distance will be 50 minutes. Do this at a steady pace. Use a pedometer or mileage markers to help you get used to the pace.

When the schedule says "fast or brisk" make your pace FAST meaning it is not easy to talk, and you should be breathing HARD – not gasping for air but deep and full breathing – no long conversations at this time.

When the schedule says "hard" you should not be able to carry on a conversation, at all.

Cross Training (X-Training) refers to other kinds of exercise. This could be biking, hiking, swimming, yoga, gym workouts, etc. One of the benefits of cross training is that it uses different muscle groups and provides a change of "pace".

Details

- **For first time competitors. Even if you walk the entire race, you can complete a 10K with this training program.** You are building up your strength, endurance, and confidence with this program. You CAN DO THIS!!.
- When the schedule says "fast or brisk" make your pace FAST meaning it is not easy to talk, and you should be breathing HARD – not out of breath but deep and full breathing – no long conversations at this time.
- Cross Training (**X-Training**) refers to other kinds of exercise. This could be biking, hiking, swimming, yoga, gym workouts, etc. One of the benefits of cross training is that it uses different muscle groups and provides a change of "pace".
- Track workouts can be done on your own or join our group on Wednesdays if you are in the WOW Team Neighborhood.

Stretching

Always allow time for stretching after you run!

RHR = Resting Heart Rate

Please start monitoring your morning resting heart rate and get a normal rate for yourself. If you are more than 5 – 10 beats higher, on your morning review, please rest rather than work out hard. An easy walk is usually OK, even if you are feeling a bit tired or stressed but pushing your body will not allow the recovery you need to get stronger. Listen to your body.

For more information about training with Coach Stephanie go to [GoWOWTeam.com](#) or [AskAboutRunning.com](#)

Go For It!