

2017 Proud to Run 10k Training Programs

Novice / First Time Runner

This program focuses on the gradual buildup of mileage and is intended for runners attempting their first 10k.

"**Easy**" refers to a slow, conversational pace (Low)

Running at this pace should allow for easy conversations, controlled breathing, and a consistent cadence. As we increase our intervals, the effort should feel manageable.

"**Pace**" refers to your anticipated race pace (Moderate)

This is the pace at which you plan to run the Proud to Run 10k. As we ramp up in distance, we will occasionally run our jog intervals at Race Pace, where we will begin to get accustomed to a harder effort.

Week 1	Activity
8-Apr-17	Kickoff Run
9-Apr-17	Rest
Total Weekly Miles	

Week 2	Activity
10-Apr-17	Rest
11-Apr-17	Easy Run (60s jog, 90s walk) x 8
12-Apr-17	Rest
13-Apr-17	Rest
14-Apr-17	Easy Run (90s jog, 60s walk) x 6
15-Apr-17	Cross Training (35 min Stationary Bike)
16-Apr-17	Easy Run (2 min jog, 90s walk) x 5
Total Weekly Miles	

Week 3	Activity
17-Apr-17	Rest
18-Apr-17	Easy Run (90s jog, 60s walk) x 6
19-Apr-17	Easy Run (2 min jog, 90s walk) x 5
20-Apr-17	Rest
21-Apr-17	Cross Training (30 min Stationary Bike)
22-Apr-17	Rest
23-Apr-17	Easy Run (3 min jog, 90s walk) x 5
Total Weekly Miles	

Week 4	Activity
24-Apr-17	Rest

25-Apr-17	Easy Run (2 min jog, 60s walk) x 6
26-Apr-17	Easy Run (2 min jog, 45s walk) x 6
27-Apr-17	Rest
28-Apr-17	Cross Training (40 min Stationary Bike)
29-Apr-17	Rest
30-Apr-17	Easy Run (5 min jog, 2 min walk) x 4
Total Weekly Miles	

Week 5	Activity
1-May-17	Rest
2-May-17	Rest
3-May-17	Easy Run (4 min jog, 1 min walk) x 5
4-May-17	Easy Run (4 min jog, 30s walk) x 5
5-May-17	Cross Training (30 min Stationary Bike)
6-May-17	Rest
7-May-17	Easy Run (10 min jog, 2 min walk) x 2
Total Weekly Miles	

Week 6	Activity
8-May-17	Rest
9-May-17	Easy Run (5 min jog, 1 min walk) x 5
10-May-17	Easy Run (5 min jog, 30s walk) x 5
11-May-17	Rest
12-May-17	Cross Training (35 min Stationary Bike)
13-May-17	Rest
14-May-17	Easy Run (15 min jog, 2 min walk) x 2
Total Weekly Miles	

Week 7	Activity
15-May-17	Rest
16-May-17	Easy Run (5 min jog, 1 min walk) x 4
17-May-17	Easy Run (10 min jog, 1 min walk) x 2
18-May-17	Rest
19-May-17	Cross Training (30 min Stationary Bike)
20-May-17	Rest
21-May-17	Easy Run (20 min jog)
Total Weekly Miles	

Week 8	Activity
22-May-17	Rest
23-May-17	Easy Run (10 min jog, 1 min walk) x 2
24-May-17	Easy Run (10 min jog, 30s walk) x 2
25-May-17	Rest
26-May-17	Cross Training (40 min Stationary Bike)
27-May-17	Rest
28-May-17	Easy Run (20 min jog, 5 min walk) x 2

Total Weekly Miles

Week 9	Activity
29-May-17	Rest
30-May-17	Easy Run (5 min jog, 1 min walk) x 4
31-May-17	Rest
1-Jun-17	Easy Run (10 min jog, 1 min walk) x 2
2-Jun-17	Cross Training (40 min Stationary Bike)
3-Jun-17	Rest
4-Jun-17	Easy Run (15 min jog, 2 min walk) x 2
Total Weekly Miles	

Week 10	Activity
5-Jun-17	Rest
6-Jun-17	Easy Run (3 min jog, 30s walk) x 6
7-Jun-17	Rest
8-Jun-17	Easy Run (4 min jog, 30s walk) x 5
9-Jun-17	Cross Training (30 min Stationary Bike)
10-Jun-17	Rest
11-Jun-17	Easy Run (30 min jog, 2m walk, 15m jog)
Total Weekly Miles	

Week 11	Activity
12-Jun-17	Rest
13-Jun-17	Easy Run (10 min jog, 2 min walk) x 3
14-Jun-17	Easy Run (10 min jog, 1 min walk) x 3
15-Jun-17	Rest
16-Jun-17	Cross Training (30 min Stationary Bike)
17-Jun-17	Rest
18-Jun-17	Easy Run (25 min jog, 5m walk) x 2
Total Weekly Miles	

Week 12	Activity
19-Jun-17	Rest
20-Jun-17	Easy Run (10 min jog, 2 min walk) x 3
21-Jun-17	Rest
22-Jun-17	Easy Run (5 min jog, 30s walk) x 5
23-Jun-17	Rest
24-Jun-17	Proud to Run 10k
Total Weekly Miles	