

BEGINNER'S 10-MILE TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	Easy 3 miles	Easy 3 miles	Off	Easy 3-5 miles	Off	Easy 4 miles
Off	Easy 3 miles	Easy 4 miles	Off	Easy 3-5 miles	Off	Easy 5 miles
Off	Easy 3 miles	Easy 4 miles	Off	Easy 3-5 miles	Off	"Not so easy" 5 miles
Off	Easy 3 miles	Easy 4 miles	Off	Easy 3-5 miles	Off	Easy 6 miles
Off	Easy 3 miles	1-mile warm-up, then 8 x ¼ mile fast with 2:00 rest breaks, ½-mile cool-down.	Off	Easy 3-5 miles	Off	"Not so easy" 6 miles
Off	Easy 3 miles	1-mile warm-up, 6 x 1/2 mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	4-mile "acceleration." Start easy, build faster and faster, finish very fast.	Off	Easy 8 miles
Off	Easy 3 miles	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	Easy 4 miles	Off	"Not so easy" 8 miles
Off	Easy 3 miles	1-mile warm-up, 4 x 1 mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	4-mile acceleration	Off	Easy 10 miles
Off	Easy 3 miles	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	5-mile acceleration	Off	"Not so easy" 8 miles
Off	Easy 3 miles	1-mile warm-up, 5 x 1 mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	Easy 6 miles	Off	Easy 10 miles
Off	Easy 3 miles	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	6-mile acceleration	Off	Easy 5 miles
Off	Easy 3 miles	4-mile acceleration	Off	1-mile warm-up, 3 x mile @ 10-mile pace w/ 2:00 rest breaks, ½-mile cool-down.	Easy 15-20 minutes warm-up then 4 x :30 seconds fast. Stretch!!!	10-Mile race!