

Learn to Run Program

Goal: 10 KM

Week/Date	Session	Run Time (minutes)	Walk Time (minutes)	Repeat	Total Time
1	1	5	2	7	49
	2	5	2	8	54
	3	5	1	7	42
2	1	7	2	5	50
	2	7	2	6	54
	3	7	2	6	54
3	1	8	2	4	40
	2	8	2	4	40
	3	10	1	4	40
4	1	10	1	4	40
	2	10	2	5	60
	3	10	2	5	60
5	1	15	2	3	51
	2	15	2	3	51
	3	15	1	3	48
6	1	20	1	2	42
	2	20	1	2	42
	3	20	2	3	64
7	1	25	1	2	52
	2	30/25	1	1	56
	3	40/10	1	1	51
8	1	50		1	50
	2	60		1	60
	3	40		1	40

Keep hydrated, have fun, and don't forget to stretch!

