

the sweetest fit

# 10K IN 6 WEEKS

|        | MON                    | TUES                    | WED      | THURS                                     | FRI  | SAT                    | SUN                 |
|--------|------------------------|-------------------------|----------|---|------|------------------------|---------------------|
| WEEK 1 | Rest Day<br>or<br>Walk | Random Run<br>2 Miles   | Strength | Speed Run<br>4 15s intervals<br>2mi total | Yoga | Rest Day<br>or<br>Walk | Long Run<br>3 Miles |
| WEEK 2 | Rest Day<br>or<br>Walk | Random Run<br>2 Miles   | Strength | Speed Run<br>6 15s intervals<br>2mi total | Yoga | Strength               | Long Run<br>4 Miles |
| WEEK 3 | Rest Day<br>or<br>Walk | Random Run<br>2.5 Miles | Strength | Speed Run<br>4 20s intervals<br>2mi total | Yoga | Strength               | Long Run<br>5 Miles |
| WEEK 4 | Rest Day<br>or<br>Walk | Random Run<br>3 Miles   | Strength | Speed Run<br>6 20s intervals<br>2mi total | Yoga | Strength               | Long Run<br>6 Miles |
| WEEK 5 | Rest Day<br>or<br>Walk | Random Run<br>3.5 Miles | Strength | Speed Run<br>4 30s intervals<br>2mi total | Yoga | Strength               | Long Run<br>5 Miles |
| WEEK 6 | Rest Day<br>or<br>Walk | Random Run<br>4 Miles   | Strength | Speed Run<br>6 30s intervals<br>2mi total | Yoga | Rest Day<br>or<br>Walk | <b>10K!</b>         |