

10K CHALLENGE

Day 1	Day 2	Day 3	Day 4	Day 5
Run .5 miles	Run .5 miles	Strength Train	Run .5 miles	Run 1 mile
Day 6	Day 7	Day 8	Day 9	Day 10
Run 1 mile	Rest!	Run 1 mile	Run 1.5 miles	Cross Train
Day 11	Day 12	Day 13	Day 14	Day 15
Run 1 mile	Run 2 miles	Yoga	Run 2 miles	Run 2.5 miles
Day 16	Day 17	Day 18	Day 19	Day 20
Run 2 miles	Rest!	Run 2.5 miles	Run 3 miles	Strength Train
Day 21	Day 22	Day 23	Day 24	Day 25
Run 3 miles	Run 3.5 miles	Yoga	Run 4 miles	Run 4.5 miles
Day 26	Day 27	Day 28	Day 29	Day 30
Rest!	Run 5 miles	Run 5.5 miles	Rest	Run 6.2 miles →10k!