



YOU-CAN-RUN the Reggae Half Marathon

10K RUN TRAINING SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Walk / XT	Run 20-25 min.	Walk / XT	Run 20-25 min.	Off	2 miles	Off
2	Walk / XT	Run 20-25 min.	Walk / XT	Run 20-25 min.	Off	2 miles	Off
3	Walk / XT	Run 25-30 min.	Walk / XT	Run 25-30 min.	Off	3 miles	Off
4	Walk / XT	Run 25-30 min.	Walk / XT	Run 25-30 min.	Off	4 miles	Off
5	Walk / XT	Run 30-35 min.	Walk / XT	Run 30-35 min.	Off	4 miles / 5K	Off
6	Walk / XT	Run 30-35 min.	Walk / XT	Run 30-35 min.	Off	5 miles	Off
7	Walk / XT	Run 30-45 min.	Walk / XT	Run 30-45 min.	Off	5 miles / 5K	Off
8	Walk / XT	Run 30-45 min.	Walk / XT	Run 30-45 min.	Off	6 miles	Off
9	Walk / XT	Run 30-45 min.	Walk / XT	Run 30-45 min.	Off	6 miles / 5K	Off
10	Walk / XT	Run 30-45 min.	Walk / XT	Run 30-45 min.	Off	7 miles	Off
11	Walk / XT	Run 30-45 min.	Walk / XT	Run 30-45 min.	Off	3.5 miles	Off
12	Walk / XT	Run 30-45 min.	Walk / XT	Run 30-45 min.	Off	4 miles / 5K	Off
13	Walk / XT	Run 30-45 min.	Walk / XT	Run 30-45 min.	Off	Reggae 10K	Off

Notes:

1. Cross-training (XT), participating in any fitness activity other than your primary sport, is more important and beneficial than one realizes. Cross-training is used to improve your fitness level and stay active without over using walking or running muscles.
2. Some popular cross-training activities are: cycling (outdoor or stationary), swimming, hiking, Pilates or yoga.
3. This training program is provided as a guideline and should be used with discretion based upon your current physical health and condition. Please see accompanying notes.