

Moving up to the 10K I

Choose the "Moving Up I" calendar if you've run/walked a few 5Ks (3.1 miles), and are ready to ramp it up. To be prepared to take this next step, you should be able to comfortably run/walk 3 miles, and are training at least 2-3 times each week.*

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Rest	2	Rest	2	Rest	3	Yoga/cross train	7
2	Rest	2	Rest	3	Rest	3	Yoga/cross train	8
3	Rest	2	Rest	3	Rest	4	Yoga/cross train	9
4	Rest	3	Rest	3	Rest	4	Yoga/cross train	10
5	Rest	3	Rest	3 tempo	Rest	4	Yoga/cross train	10
6	Rest	3	Rest	6 X 400@ 5K pace - 3	Rest	5	Yoga/cross train	11
7	Rest	3	Rest	3 tempo	Rest	5	Yoga/cross train	11
8	Rest	3	Rest	8 X 400 @ 5K pace - 3	Rest	5	Yoga/cross train	11
9	Rest	3	Rest	3 tempo	Rest	6	Yoga/cross train	12
10	Rest	3	Rest	10 X 400@ 5K pace - 4	Rest	6	Yoga/cross train	13
11	Rest	3	Rest	4 tempo	Rest	6	Yoga/cross train	13
12	Rest	4	Rest	3 X 800@ 5K pace - 4	Rest	6	Yoga/cross train	14
13	Rest	4	Rest	4 tempo	Rest	6	Yoga/cross train	14
14	Rest	3	Rest	4 X 800@ 5K pace - 4	Rest	7	Yoga/cross train	14
15	Rest	3	Rest	5 tempo	Rest	6	Yoga/cross train	14
16	Rest	3	Rest	Easy 3	Rest	Rest	10K Race	12+

Substitute a 5K race for one or two of the longer run/walks. For race suggestions, go to: playmakers.com or runmichigan.com. We strongly recommend that all Team members read through Section 2 in the binder on checking with a doctor prior to exercise.

***This calendar is suitable for both walkers and runners.**

Moving up to the 10K II

Choose the "Moving Up II" calendar if you're very comfortable doing 5Ks, you put in at least 10 miles a week, and you are training at least 2-3 times a week.*

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Rest	3	Rest	3	Rest	4	Yoga/cross train	10
2	Rest	3	Rest	3	Rest	4	Yoga/cross train	10
3	Rest	3	Rest	4	Rest	4	Yoga/cross train	11
4	Rest	4	Rest	4	Rest	4	Yoga/cross train	12
5	Rest	3	Rest	4 tempo	Rest	5	Yoga/cross train	12
6	Rest	4	Rest	6 X 400@ 5K pace - 4	Rest	5	Yoga/cross train	13
7	Rest	4	Rest	4 tempo	Rest	5	Yoga/cross train	13
8	Rest	4	Rest	8 X 400 @ 5K pace -4	Rest	6	Yoga/cross train	14
9	Rest	4	Rest	4 tempo	Rest	6	Yoga/cross train	14
10	Rest	4	Rest	8 X400 @ 5K pace - 4	Rest	7	Yoga/cross train	15
11	Rest	4	Rest	4 tempo	Rest	7	Yoga/cross train	15
12	Rest	4	Rest	3 X 800 @ 5K pace - 4	Rest	8	Yoga/cross train	16
13	Rest	4	Rest	5 Tempo	Rest	7	Yoga/cross train	16
14	Rest	4	Rest	4 X 800@ 5K pace - 4	Rest	8	Yoga/cross train	16
15	Rest	4	Rest	5 Tempo	Rest	7	Yoga/cross train	16
16	Rest	4	Rest	Easy 4	Rest	Rest	5K race	14+

Substitute a 5K race for one or two of the longer run/walks. To find races, go to: playmakers.com or runmichigan.com. To better understand the "Tempo" and "Speedwork" training, go to halhigdon.com, and check out the descriptions at the bottom of his intermediate 10K calendar. **For all speed workouts on the track:** warm up with an easy mile; stretch; then do your speedwork, resting two minutes between each interval; and cool down with easy walking/jogging to complete your distance for the day. We strongly recommend that all Team members read through Section 2 in the binder on checking with a doctor prior to exercise.

***This calendar is suitable for both walkers and runners.**