

BEGINNER TRAINING PLAN: 16 WEEKS – 10K

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	1 Mile Run/Walk	Rest	1.5 Mile Run/Walk	Rest	15 Min of Cross training	Rest
2	20 Min of Cross training	1 Mile Run/Walk	Rest	1.75 Mile Run/Walk	Rest	15 Min of Cross training	Rest
3	20 Min of Cross training	1 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	20 Min of Cross training	Rest
4	20 Min of Cross training	1.5 Mile Run/Walk	Rest	2.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
5	25 Min of Cross training	1.5 Mile Run/Walk	Rest	3 Mile Run/Walk	Rest	20 Min of Cross training	Rest
6	30 Min of Cross training	2 Mile Run/Walk	Rest	3.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
7	30 Min of Cross training	2 Mile Run/Walk	Rest	3.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
8	30 Min of Cross training	2.5 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	20 Min of Cross training	Rest
9	30 Min of Cross training	3 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
10	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
11	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
12	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
13	30 Min of Cross training	4 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest	30 Min of Cross training	Rest
14	30 Min of Cross training	4.5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
15	25 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Easy Run	Rest	20 Min of Cross training	Rest
16	15 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	Rest	Race

Note: If you are a walker, replace runs with walks, and replace speed training with fast-pace walking – which can be helpful in building fitness.

Basic Training Tips:

- Easy runs/walks mean easy pace that is comfortable and conversational
- Include a brief warm-up and cool down before and after each workout
- Identify 1-2 cross training activities to build strength and core stability. Optimal cross training activities are easy-to-medium effort, low impact but high intensity.
- Strength training and core training will help prevent injury: lunges, mini burpees, plank/side plank, sit-ups, pull-ups, push-ups, wall sits.
- Adapt workouts based on the race course – for example, if hills are involved then you need to include hill training in workouts.

Work with your Team Make Your Mark Coach if you have any questions or need help reaching your goals lupuscoach@lupus.org

BEGINNER TRAINING PLAN: 12 WEEKS – 10K

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	1.25 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	20 Min of Cross training	Rest
2	20 Min of Cross training	1.5 Mile Run/Walk	Rest	2.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
3	20 Min of Cross training	2 Mile Run/Walk	Rest	3 Mile Run/Walk	Rest	20 Min of Cross training	Rest
4	25 Min of Cross training	2.5 Mile Run/Walk	Rest	3.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
5	30 Min of Cross training	3 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	20 Min of Cross training	Rest
6	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
7	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
8	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
9	30 Min of Cross training	4 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest	30 Min of Cross training	Rest
10	30 Min of Cross training	4.5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
11	25 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Easy Run	Rest	20 Min of Cross training	Rest
12	15 Min of Cross training	3.5 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	Rest	Race

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BEGINNER TRAINING PLAN: 10 WEEKS – 10K

WK	M	T	W	TH	F	SAT	SUN
1	20 Min of Cross training	1.5 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	20 Min of Cross training	Rest
2	25 Min of Cross training	2 Mile Run/Walk	Rest	2.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
3	30 Min of Cross training	2.5 Mile Run/Walk	Rest	3 Mile Run/Walk	Rest	20 Min of Cross training	Rest
4	30 Min of Cross training	3 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	25 Min of Cross training	Rest
5	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
6	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
7	30 Min of Cross training	4 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest	30 Min of Cross training	Rest
8	30 Min of Cross training	4.5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
9	25 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run	Rest	20 Min of Cross training	Rest
10	15 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	Rest	Race

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INTERMEDIATE TRAINING PLAN: 16 WEEKS - 10K

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	1 Mile Run/Walk	Rest	1.5 Mile Run/Walk	Rest	15 Min of Cross training	Rest
2	20 Min of Cross training	1.5 Mile Run/Walk	Rest	1.75 Mile Run/Walk	Rest	15 Min of Cross training	Rest
3	20 Min of Cross training	1.5 Mile Run/Walk	Rest	2.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
4	20 Min of Cross training	2 Mile Run/Walk	Rest	3 Mile Run/Walk	Rest	20 Min of Cross training	Rest
5	25 Min of Cross training	2.5 Mile Run/Walk	Rest	3.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
6	30 Min of Cross training	2.5 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	20 Min of Cross training	Rest
7	30 Min of Cross training	3 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	20 Min of Cross training	Rest
8	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
9	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
10	30 Min of Cross training	4 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
11	30 Min of Cross training	4 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
12	30 Min of Cross training	4.5 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest	25 Min of Cross training	Rest
13	30 Min of Cross training	4.5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
14	30 Min of Cross training	5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
15	25 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Easy Run	Rest	20 Min of Cross training	Rest
16	15 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	Rest	Race

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INTERMEDIATE TRAINING PLAN: 12 WEEKS – 10K

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	1.25 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	20 Min of Cross training	Rest
2	20 Min of Cross training	1.5 Mile Run/Walk	Rest	2.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
3	20 Min of Cross training	2 Mile Run/Walk	Rest	3.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
4	25 Min of Cross training	2.5 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	20 Min of Cross training	Rest
5	30 Min of Cross training	3 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
6	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
7	30 Min of Cross training	4 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
8	30 Min of Cross training	4.5 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest	25 Min of Cross training	Rest
9	30 Min of Cross training	5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
10	30 Min of Cross training	5.5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
11	25 Min of Cross training	4.5 Mile Run/Walk	Rest	4 Mile Easy Run	Rest	20 Min of Cross training	Rest
12	15 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	Rest	Race

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INTERMEDIATE TRAINING PLAN: 10 WEEKS – 10K

WK	M	T	W	TH	F	SAT	SUN
1	20 Min of Cross training	1.5 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	20 Min of Cross training	Rest
2	25 Min of Cross training	2 Mile Run/Walk	Rest	2.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
3	30 Min of Cross training	2.5 Mile Run/Walk	Rest	3.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
4	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
5	30 Min of Cross training	4 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
6	30 Min of Cross training	4.5 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest	25 Min of Cross training	Rest
7	30 Min of Cross training	5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
8	30 Min of Cross training	5.5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
9	25 Min of Cross training	4 Mile Run/Walk	Rest	5.5 Mile Easy Run	Rest	20 Min of Cross training	Rest
10	15 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	Rest	Race

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ADVANCED TRAINING PLAN: 16 WEEKS – 10K

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	1.5 Mile Run/Walk	Rest	1.5 Mile Run/Walk	Rest	15 Min of Cross training	Rest
2	20 Min of Cross training	2 Mile Run/Walk	Rest	2.5 Mile Run/Walk	Rest	15 Min of Cross training	Rest
3	20 Min of Cross training	2.5 Mile Run/Walk	Rest	3.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
4	20 Min of Cross training	3 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	20 Min of Cross training	Rest
5	25 Min of Cross training	3.5 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
6	30 Min of Cross training	4 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
7	30 Min of Cross training	4 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
8	30 Min of Cross training	4.5 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
9	30 Min of Cross training	5 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest	20 Min of Cross training	Rest
10	30 Min of Cross training	5.5 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	25 Min of Cross training	Rest
11	30 Min of Cross training	5.5 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
12	30 Min of Cross training	6 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest	25 Min of Cross training	Rest
13	30 Min of Cross training	6 Mile Run/Walk	Rest	6.2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
14	30 Min of Cross training	6.2 Mile Run/Walk	Rest	5.5 Mile Run/Walk	Rest	30 Min of Cross training	Rest
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ADVANCED TRAINING PLAN: 12 WEEKS – 10K

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	1.5 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	20 Min of Cross training	Rest
2	20 Min of Cross training	2 Mile Run/Walk	Rest	2.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
3	20 Min of Cross training	2.5 Mile Run/Walk	Rest	3.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
4	25 Min of Cross training	3 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	20 Min of Cross training	Rest
5	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
6	30 Min of Cross training	4 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
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WK	M	T	W	TH	F	SAT	SUN
1	20 Min of Cross training	2 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	20 Min of Cross training	Rest
2	25 Min of Cross training	2.5 Mile Run/Walk	Rest	2.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
3	30 Min of Cross training	3 Mile Run/Walk	Rest	3.5 Mile Run/Walk	Rest	20 Min of Cross training	Rest
4	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	25 Min of Cross training	Rest
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10	15 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	Rest	Race

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