



GO! St. Louis 10K TRAINING

WEEK #	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Off or XT	20 min. run/walk	Off or XT	20 min. run/walk	Off or XT	OFF	2.0 min. run/walk
2	Off or XT	25 min. run/walk	Off or XT	25 min. run/walk	Off or XT	OFF	3.0 mile run/walk
3	Off or XT	30 min. run/walk	Off or XT	25 min. run/walk	Off or XT	OFF	3.5 mile run/walk
4	Off or XT	35 min. run/walk	Off or XT	30 min. run/walk	Off or XT	OFF	4.0 mile run/walk
5	Off or XT	40 min. run/walk	Off or XT	35 min. run/walk	Off or XT	OFF	4.5 min. run/walk
6	Off or XT	45 min. run/walk	Off or XT	40 min. run/walk	Off or XT	OFF	5.0 mile run/walk
7	Off or XT	50 min. run/walk	Off or XT	45 min. run/walk	Off or XT	OFF	5.5 mile run/walk
8	Off or XT	55 min. run/walk	Off or XT	60 min. run/walk	Off or XT	OFF	6.0 mile run/walk
9	Off or XT	30 min. run/walk	Off or XT	20 min. run/walk	Off or XT	OFF	10K Race Day

ALL DISTANCES ARE MILES.

GO! St. Louis 10K Training

This program assumes that you can run/walk at least two miles at the beginning of the training.

During your training, you may want to begin walking the distance, develop a brisk walk, insert a few jogs, and incorporate running as desired or simply walk the entire training schedule. Some people alternate walking with running. The goal is to finish and feel a sense of accomplishment!

For more event information, www.gostlouis.org.

This training program, developed by the **GO! St. Louis**, is a suggested program. Participants train at their own risk and should always consult a physician before engaging in a fitness program.

Training Tips

1. You can do the long run/walk on Saturday if you wish. In that case, take the Friday off from exercising.
2. On your "long runs", take more walking breaks.
3. XT means cross training. You can walk or do some form of non-pounding exercise, such as swimming, cycling, or exercise machines, for 10 minutes or so at an easy pace.
4. Remember to drink water before, during and after exercise, even when it is cold.
5. Train with others. After the fitness workout, socialize over a cup of coffee!