

WORKOUT PLAN: 10K RUN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 X 10 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY	25 MINUTES STRAIGHT JOGGING	REST DAY	REST DAY	3 X 10 MINUTES JOGGING, 1 MINUTE WALKING BREAK	REST DAY
2	2 X 15 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY	30 MINUTES STRAIGHT JOGGING	REST DAY	REST DAY	2 X 15 MINUTES JOGGING, 1 MINUTE WALKING BREAK	REST DAY
3	3 X 12 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY	35 MINUTES STRAIGHT JOGGING	REST DAY	REST DAY	4 X 12 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY
4	2 X 18 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY	40 MINUTES STRAIGHT JOGGING	REST DAY	REST DAY	30 MINUTES STRAIGHT JOGGING	REST DAY
5	2 X 20 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY	45 MINUTES STRAIGHT JOGGING	REST DAY	REST DAY	30 MINUTES STRAIGHT JOGGING	REST DAY
6	3 X 15 JOGGING, 2 MINUTES WALKING BREAK	REST DAY	50 MINUTES STRAIGHT JOGGING	REST DAY	REST DAY	35 MINUTES STRAIGHT JOGGING	REST DAY
7	3 X 20 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	55 MINUTES STRAIGHT JOGGING	REST DAY	REST DAY	40 MINUTES STRAIGHT JOGGING	REST DAY
8	3 X 25 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	60 MINUTES STRAIGHT JOGGING	REST DAY	REST DAY	REST DAY	JOG 10KM AT ONCE!