



Dr. Phil Heit's

# 10K Training Program 10 Week Schedule

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	rest/ct	45 min walk	rest/ct	1.5 mile walk	30 min walk	rest/ct	2.0 mile walk
2	rest/ct	50 min walk	rest/ct	2.0 mile walk	35 min walk	rest/ct	2.5 mile walk
3	rest/ct	60 min walk	rest/ct	2.5 mile walk	40 min walk	rest/ct	3.0 mile walk
4	rest/ct	65 min walk	rest/ct	3.0 mile walk	45 min walk	rest/ct	3.5 mile walk
5	rest/ct	70 min walk	rest/ct	3.5 mile walk	50 min walk	rest/ct	4.0 mile walk
6	rest/ct	75 min walk	rest/ct	4.0 mile walk	55 min walk	rest/ct	4.5 mile walk
7	rest/ct	80 min walk	rest/ct	4.5 mile walk	60 min walk	rest/ct	5.0 mile walk
8	rest/ct	85 min walk	rest/ct	5.0 mile walk	55 min walk	rest/ct	5.5 mile walk
9	rest/ct	90 min walk	rest/ct	4.0 mile walk	50 min walk	rest/ct	6.0 mile walk
10	rest/ct	30 min walk	rest/ct	3.0 mile walk	30 min walk	rest	10K walk

\*ct = cross train – do weights, stretching, and/or equipment such as elliptical machine

\*rest = might include very easy walking or stretching or complete rest

\*Tuesday and Friday walks are taken in minutes and should be relaxing so as not to be concerned about having to go a certain distance

\*Thursday walks are in miles to familiarize you with the distance

\*Sunday walks are your important distance workouts leading to completing a 10K