



2012

Dr. Phil Heit's

10K Training Program 10 Week Schedule

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

*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