



## Summer 2006 10K Training Program

### General Progressive Program

	M	T	W	TH	F	SA	SU	Total Mileage
PLAN	Short Easy Run	Medium Run	Cross Train	Medium Run	OFF	Long Run	OFF	
WK 1	OFF	1 mile Time Trial		2 mi		2.5 mi		5.5 mi
WK 2	OFF	2 mi + strides		2 mi		3 mi		7 mi
WK 3	OFF	2.5 mi + strides		2.5 mi		3.5 mi		8.5 mi
WK 4	2 mi	3 mi + strides		2.5 mi		4 mi		11.5 mi
WK 5	2 mi	3.5 mi + strides		3 mi		4.5 mi		13.5 mi
WK 6	2.5 mi	Fartlek 3 mi.		3.5 mi		5 mi		14 mi
WK 7	2.5 mi	Hills		3.5 mi		5.5mi		
WK 8	3 mi	Track Workout		4 mi		6 mi		
WK 9	3 mi	Track Workout		4 mi		7 mi		
WK 10	3 mi	Fartlek Trng.		4 mi		5 mi		
RACE WEEK	2 mi	3 mi		2 mi		10K Race		