

RunTheMoney 10K Training Plan							
WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest	Walk / Cross	2.5 m run	Walk / Cross	2 m run	Rest	3 m run
2	Rest	Walk / Cross	2.5 m run	Walk / Cross	2 m run	Rest	3.5 m run
3	Rest	Walk / Cross	2.5 m run	Walk / Cross	2 m run	Rest	4 m run
4	Rest	Walk / Cross	3 m run	Walk / Cross	2 m run	Rest	4 m run
5	Rest	Walk / Cross	3 m run	Walk / Cross	2 m run	Rest	4.5 m run
6	Rest	Walk / Cross	3 m run	Walk / Cross	2 m run	Rest	5 m run
7	Rest	Walk / Cross	3 m run	Walk / Cross	2 m run	Rest	5.5 m run
8	Rest	Walk / Cross	3 m run	Walk / Cross	2 m run	Rest	10-K Run
Source: RunTheMoney.com							