

MARATHON

HALF MARATHON

10K

5K

St. Jude Heroes 10K Training Plan

Date	Week(s) until race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	12	rest	2 miles	walk	2 miles	cross- training	2 miles	30 min. walk
	11	rest	2	walk	2.5	cross- training	3	35 min. walk
	10	rest	2	walk	2.5	cross- training	3	35 min. walk
	9	rest	2.5	walk	3	cross- training	4	40 min. walk
	8	rest	2.5	walk	3	cross- training	4	40 min. walk
	7	rest	3	walk	3	cross- training	5	45 min. walk
	6	rest	3	walk	3	cross- training	5	45 min. walk
	5	rest	3	walk	4	cross- training	6	45 min. walk
	4	rest	3	walk	4	cross- training	4	60 min. walk
	3	rest	4	walk	5	cross- training	6	60 min. walk
	2	rest	4	walk	5	cross- training	5	45 min. walk
	1	rest	5	walk	4	rest	6.2 – RACE DAY	rest

Respect the distance. Know your limits. Have a strategy. Treat yourself well.