

5K To 10K Training Plan

In Just 6 Weeks

Designed For Beginner Runners
Who Have Just Run Their First 5K



5K to 10K							
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Irun	Cross Training	Run	Rest Day	Fartlek	Long Run
		2 miles	30-40 minutes	2 miles		2 miles	3 miles
2	Rest Day	Irun	Cross Training	Run	Rest Day	Fartlek	Long Run
		2.5 miles	30-40 minutes	2 miles		2 miles	3.5 miles
3	Rest Day	Irun	Cross Training	Run	Rest Day	Fartlek	Long Run
		2.5 miles	30-40 minutes	2.5 miles		2 miles	4 miles
4	Rest Day	Irun	Cross Training	Run	Rest Day	Fartlek	Long Run
		2.5 miles	30-40 minutes	2.5 miles		2 miles	5 miles
5	Rest Day	Irun	Cross Training	Run	Rest Day	Fartlek	Long Run
		2.5 miles	30-40 minutes	3 miles		2 miles	5.5 miles
6	Rest Day	Irun	Cross Training	Run	Rest Day	Rest Day	10K Race!
		2 miles	20-30 minutes	2 miles		Rest Day	10K Race!

- START EACH SESSION WITH A BRISK 5 MIN WARM UP WALK OR EASY JOG
- EASY PACED RUNS ARE AT A CONVERSATIONAL PACE - DON'T RUN TOO FAST
- IT'S OKAY TO TAKE WALK BREAKS DURING YOUR LONG RUN
- FARTLEK IS SPEEDPLAY - BURSTS OF FASTER RUNNING DURING AN EASY RUN
- DON'T SKIP THE CROSS TRAINING SESSIONS
- REPEAT A WEEK IF YOU'RE FINDING THE TRAINING TOUGH
- RESPECT REST DAYS - YOUR BODY NEEDS TO RECOVER



5 Week 10k Training Guide

Roman Wölfel

5 Week 10k Training Guide:

The Competitive Runner's Handbook Bob Glover,Shelly-lynn Florence Glover,1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly lynn Florence Glover s completely revised guide is the book on training to compete A book that s already sold close to 200 000 copies The Competitive Runner s Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Grovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life

Beginner's Guide to Long Distance Running Sean Fishpool,2002 This guide helps runners at all levels from absolute beginners to those training for marathon racing The training plan is divided to match each runner s grade of fitness Readers assess themselves by answering fitness questionnaires that guide them to the appropriate level of training At the end of each training grade another self assessment questionnaire helps runners decide whether to move to a higher level or remain where they are A ten week program begins with alternating two minute runs and walks and gradually progresses to sustained runs of 30 minutes Runners are advised to listen to their bodies and remain at a specific week s level until they feel comfortable about progressing to the next one General topics include getting started obtaining the right shoes and accessories adhering to a runner s diet developing self motivation and following a structured and progressive training program A final section is focused to advise runners training for a marathon More than 150 color photos and illustrations plus sidebar tips and quick reference charts

Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

Bond's Franchise Guide 2004 Robert E. Bond,2004-03-04 Franchisor profiles includes franchise attorneys consultants and service providers

Run For It Karen Bridson,2002-05-16 This book shows how women can change their lives with running Running can help combat stress depression PMS menopausal systems and more

Walk It Off! Mark Fenton,2002

Alberto Salazar's Guide to Road Racing Alberto Salazar,Richard A. Lovett,2003 Publisher Description

Bond's Franchise Guide Robert E. Bond,2002-07-26 Bond s Franchise Guide offers the prospective franchisee detailed profiles of over 1 000 franchises as well as listings of franchise attorneys consultants and service providers The companies are divided into 45 distinct business categories for easy comparison The data represents the most up to date comprehensive and reliable information about this dynamic industry The profiles are the result of an exhaustive 40 point questionnaire that details Background number of operating units geographic distribution and detailed description of the business Capital requirements initial cash investment and total investment on going royalty and advertising fees staffing levels space needs etc Initial training and start up

assistance provided as well as on going services Franchisee evaluation criteria Specific areas of geographic expansion U S Canada and International And much more Book jacket **Bond's Franchise Guide - 1998 Edition** Robert E. Bond,1998-05 The bible for anyone who is interested in a franchise this guide lists over 2 300 franchise opportunities in 54 categories and gives background capital requirements details on support and training and specifics on expansion in the U S and Canada Charts tables **Runner's World** ,2001 **Bond's Franchise Guide 2007** Robert E. Bond,2001-03 This definitive resource contains completely updated information regarding franchise companies and opportunities Includes data on more than 2 000 franchises 550 illustrations 15 tables **The Software Encyclopedia 2001** ,2001 Inside Triathlon ,2005

Standard & Poor's 500 Guide, 2010 Edition Standard & Poor's,2010-03-12 500 Vital Data on Earnings Dividends and Share Prices Exclusive Analysts Stars Recommendations Key Income and Balance Sheet Statistics Company Addresses Telephone Numbers and Names of Key Corporate Officers The Standard Poor's 500 Index is the most watched index in America if not the world Whether you're an individual investor looking to make a smart stock purchase an executive researching corporate competitors or a job seeker looking for concise and up to the minute overviews of potential employers you'll find the critical often hard to find information you need in Standard Poor's 500 Guide 2010 Edition Easy to use and packed with market intelligence on all 500 of the companies listed in the S P 500 Index this authoritative reference includes Information on the bluest of blue chip stocks from Abbott Labs and GE to Microsoft and Yahoo Summaries of each company's business activity sales history and recent developments Earnings and dividends data with three year price charts Exclusive Standard Poor's Quality Rankings from A to D New introduction by David M Blitzer Ph D Managing Director Chairman of the Index Committee Standard Poor's In addition unique at a glance detail Stocks with A Quality Rankings Companies with five consecutive years of earnings increases a key indicator of strong long term performance Companies with 10 consecutive years of increasing dividends Put the comprehensive updated data and analysis expertise of the world's premier securities information firm at your fingertips with Standard Poor's 500 Guide 2010 Edition Standard Poor's a division of The McGraw Hill Companies Inc is the nation's leading securities information company It provides the respected Standard Poor's ratings and stock rankings advisory services data guides and the most closely watched and widely reported gauges of stock market activity the S P 500 S P MidCap 400 S P SmallCap 600 and S P Super Composite 1500 stock price indices Divisions of Standard Poor's operate independently of each other Standard Poor's S P S P 500 are registered trademarks of Standard Poor's Financial Services LLC **Sports and Recreational Activities** Dale P. Mood,Frank F. Musker,Judith E. Rink,2003 This comprehensive text offers fundamental information on forty three different sports and recreational activities Up to date material includes an overview of all aspects of the sport including history equipment rules fundamental skills techniques etiquette strategy teaching considerations leadup games and reference materials including videos Most importantly this textbook can be used effectively by participants instructors and instructors to be Publisher **Bond's Franchise Guide**

2006 Robert E. Bond, 2006-06 Considered by many to be the bible of the franchising industry this complete up to date reference gives definitive and current information on more than 2 200 franchise opportunities in North America listing companies in 54 different categories 375 logos 20 tables Charts **Bond's Franchise Guide 2008** Robert E. Bond, 2008-09-23 Bond's Franchise Guide 2008 Edition now in its 19th annual edition has become the definitive bible of the franchising industry It is clearly the most exhaustive and comprehensive directory on franchise opportunities available offering prospective franchisees a detailed profile of some 1 000 franchises as well as supplemental profiles on franchise attorneys and consultants The companies are divided into 45 distinct business categories for easy comparison All profile data is new with each edition and represents the most up to date and extensive information about the myriad of options available to the potential investor Completely objective listing of active North American franchisors No dealerships distributorships business opportunities No advertising allowed Author's valuable insights into the evaluation selection process

The Complete Guide to Woman's Time Fay A. Daley, 1991-02 **Cass & Birnbaum's Guide to American Colleges** Melissa Cass, 1994 This invaluable guide presents complete information on college admission policies academic requirements and campus life This 16th edition features an all new College Selection Index that guides prospective students through the difficult process of selecting the right college The most useful of all Harvard Educational Review *The Publishers Weekly*, 1983

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Table of Contents 5 Week 10k Training Guide

1. Understanding the eBook 5 Week 10k Training Guide
 - The Rise of Digital Reading 5 Week 10k Training Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying 5 Week 10k Training Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 5 Week 10k Training Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from 5 Week 10k Training Guide
 - Personalized Recommendations
 - 5 Week 10k Training Guide User Reviews and Ratings
 - 5 Week 10k Training Guide and Bestseller Lists

5. Accessing 5 Week 10k Training Guide Free and Paid eBooks
 - 5 Week 10k Training Guide Public Domain eBooks
 - 5 Week 10k Training Guide eBook Subscription Services
 - 5 Week 10k Training Guide Budget-Friendly Options
6. Navigating 5 Week 10k Training Guide eBook Formats
 - ePUB, PDF, MOBI, and More
 - 5 Week 10k Training Guide Compatibility with Devices
 - 5 Week 10k Training Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 5 Week 10k Training Guide
 - Highlighting and Note-Taking 5 Week 10k Training Guide
 - Interactive Elements 5 Week 10k Training Guide
8. Staying Engaged with 5 Week 10k Training Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 5 Week 10k Training Guide
9. Balancing eBooks and Physical Books 5 Week 10k Training Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 5 Week 10k Training Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine 5 Week 10k Training Guide
 - Setting Reading Goals 5 Week 10k Training Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of 5 Week 10k Training Guide
 - Fact-Checking eBook Content of 5 Week 10k Training Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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