

## 2012 AFM 10K -Jeff Galloway Training Plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	18-Jun	walk or XT	run 20-25min	walk or XT	run 20-25min	walk or XT	off	2mile
2	25-Jun	walk or XT	run 20-25min	walk or XT	run 20-25min	walk or XT	off	2mile
3	2-Jul	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	3mile
4	9-Jul	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	4mile
5	16-Jul	walk or XT	run 30-35min	walk or XT	run 30-35min	walk or XT	off	4 mile or 5K
6	23-Jul	walk or XT	run 30-35min	walk or XT	run 30-35min	walk or XT	off	5 mile
7	30-Jul	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	5 mile or 5K
8	6-Aug	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	6 mile
9	13-Aug	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	6 mile or 5K
10	20-Aug	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	7 mile
11	27-Aug	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	3.5 mile
12	3-Sep	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	4 mile or 5K
13	10-Sep	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	<b>AFM 10K race</b>	walk

More information visit <http://www.jeffgalloway.com/training/5k.html#10k>

*It is wise to consult your doctor before starting a new exercise program.*