

Adapted Jeff Galloway 5k

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	30-Jan	walk or XT	run 10-15min	walk or XT	run 10-15min	walk or XT	off	1.5miles
2	6-Feb	walk or XT	run 15min	walk or XT	run 15min	walk or XT	off	1.5miles
3	13-Feb	walk or XT	run 15-20min	walk or XT	run 15-20min	walk or XT	off	2miles
4	20-Feb	walk or XT	run 15-20min	walk or XT	run 15-20min	walk or XT	off	2miles
5	27-Feb	walk or XT	run 20-25min	walk or XT	run 20-25min	walk or XT	off	3miles
6	5-Mar	walk or XT	run 20-25min	walk or XT	run 20-25min	walk or XT	off	3miles
7	12-Mar	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	3.5 miles
8	19-Mar	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	3.5miles
9	26-Mar	walk or XT	run 30min	walk or XT	run 30min	walk or XT	off	4miles
10	2-Apr	walk or XT	run 30min	walk or XT	run 30min	walk or XT	off	5K Race

One week recovery before 10K training

Adapted from <http://www.jeffgalloway.com/training/5k.html> (5k training schedule)

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

Jeff Galloway 10k

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	16-Apr	walk or XT	run 20-25min	walk or XT	run 20-25min	walk or XT	off	2mile
2	23-Apr	walk or XT	run 20-25min	walk or XT	run 20-25min	walk or XT	off	2mile
3	30-Apr	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	3mile
4	7-May	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	4mile
5	14-May	walk or XT	run 30-35min	walk or XT	run 30-35min	walk or XT	off	4 mile or 5K
6	21-May	walk or XT	run 30-35min	walk or XT	run 30-35min	walk or XT	off	5 mile
7	28-May	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	5 mile or 5K
8	4-Jun	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	6 mile
9	11-Jun	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	6 mile or 5K
10	18-Jun	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	7 mile
11	25-Jun	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	3.5 mile
12	2-Jul	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	4 mile or 5K
13	9-Jul	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	10K race

1 week recovery before 10 mile training

More info visit <http://www.jeffgalloway.com/training/5k.html#10k> (10k training schedule)

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