

## 2012 MCM 10K- Jeff Galloway Training Plan

| Week | Date   | Mon        | Tue          | Wed        | Thur         | Fri        | Sat | Sun             |
|------|--------|------------|--------------|------------|--------------|------------|-----|-----------------|
| 1    | 30-Jul | walk or XT | run 20-25min | walk or XT | run 20-25min | walk or XT | off | 2mile           |
| 2    | 6-Aug  | walk or XT | run 20-25min | walk or XT | run 20-25min | walk or XT | off | 2mile           |
| 3    | 13-Aug | walk or XT | run 25-30min | walk or XT | run 25-30min | walk or XT | off | 3mile           |
| 4    | 20-Aug | walk or XT | run 25-30min | walk or XT | run 25-30min | walk or XT | off | 4mile           |
| 5    | 27-Aug | walk or XT | run 30-35min | walk or XT | run 30-35min | walk or XT | off | 4 mile or 5K    |
| 6    | 3-Sep  | walk or XT | run 30-35min | walk or XT | run 30-35min | walk or XT | off | 5 mile          |
| 7    | 10-Sep | walk or XT | run 30-45min | walk or XT | run 30-45min | walk or XT | off | 5 mile or 5K    |
| 8    | 17-Sep | walk or XT | run 30-45min | walk or XT | run 30-45min | walk or XT | off | 6 mile          |
| 9    | 24-Sep | walk or XT | run 30-45min | walk or XT | run 30-45min | walk or XT | off | 6 mile or 5K    |
| 10   | 1-Oct  | walk or XT | run 30-45min | walk or XT | run 30-45min | walk or XT | off | 7 mile          |
| 11   | 8-Oct  | walk or XT | run 30-45min | walk or XT | run 30-45min | walk or XT | off | 3.5 mile        |
| 12   | 15-Oct | walk or XT | run 30-45min | walk or XT | run 30-45min | walk or XT | off | 4 mile or 5K    |
| 13   | 22-Oct | walk or XT | run 30-45min | walk or XT | run 30-45min | walk or XT | off | <b>10K race</b> |

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

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