

2012 MCM 10K Pretraining- Jeff Galloway 5k

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	9-Apr	walk or XT	run 10-15min	walk or XT	run 10-15min	walk or XT	off	1mile
2	16-Apr	walk or XT	run 15min	walk or XT	run 15min	walk or XT	off	1mile
3	23-Apr	walk or XT	run 15-20min	walk or XT	run 15-20min	walk or XT	off	1.5mile
4	30-Apr	walk or XT	run 15-20min	walk or XT	run 15-20min	walk or XT	off	1.5mile
5	7-May	walk or XT	run 20-25min	walk or XT	run 20-25min	walk or XT	off	2mile
6	14-May	walk or XT	run 20-25min	walk or XT	run 20-25min	walk or XT	off	2mile
7	21-May	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	2.5mile
8	28-May	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	2.5mile
9	4-Jun	walk or XT	run 30min	walk or XT	run 30min	walk or XT	off	3mile
10	11-Jun	walk or XT	run 30min	walk or XT	run 30min	walk or XT	off	3mile
11	18-Jun	walk or XT	run 30min	walk or XT	run 30min	walk or XT	off	3.5mile
12	25-Jun	walk or XT	run 30min	walk or XT	run 30min	walk or XT	off	3.5mile
13	2-Jul	walk or XT	run 30min	walk or XT	run 30min	walk or XT	off	4mile
14	9-Jul	walk or XT	run 30min	walk or XT	run 30min	walk or XT	off	4mile
15	16-Jul	walk or XT	run 30min	walk or XT	run 30min	off	off	5K Race

One week recovery before 10K training

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

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