

2012 MCM Marathon Pretraining- Jeff Galloway Adapted 10k plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	16-Jan	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	2 miles
2	23-Jan	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	3 miles
3	30-Jan	walk or XT	run 25-30 min	walk or XT	run 25-30min	walk or XT	off	4 miles
4	6-Feb	walk or XT	run 25-30 min	walk or XT	run 25-30min	walk or XT	off	4 miles or 5K
5	13-Feb	walk or XT	run 30-35 min	walk or XT	run 30-35 min	walk or XT	off	5 miles
6	20-Feb	walk or XT	run 30-35 min	walk or XT	run 30-35 min	walk or XT	off	5 miles or 5K
7	27-Feb	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	6 miles or 5K
8	5-Mar	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	7 miles
9	12-Mar	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	3.5 miles
10	19-Mar	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	10K race

1 week recovery before novice marathon training program

NOTE: Run/Walk Intermediate participants can extend this adapted 10K program for another 2 weeks.

Contact Coach Stacy for details on extending the 10K plan above. Stoner@fisherhouse.org

[Adapted from at http://www.jeffgalloway.com/training/5k.html#5k](http://www.jeffgalloway.com/training/5k.html#5k) (10k training schedule)

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