



**Ten Mile - First Timer Training Program**

**By Doug Kurtis**

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	7	4	Rest	4	5	Rest	3 walk/run	23
2	8-10km Race	4	Rest	4	5	Rest	3 walk/run	22
3	7	5	Rest	4	5	Rest	3 walk/run	24
4	7	5	Rest	5	5	Rest	4 walk/run	26
5	7	5	Rest	5	5	Rest	4 walk/run	26
6	8-10km Race	5	Rest	5	6	Rest	4 walk/run	26
7	8	5	Rest	4	6	Rest	4 walk/run	27
8	8	4	Rest	4	7	Rest	4 walk/run	27
9	9	3	Rest	3	5	Rest	3 walk/run	23
10	4	2	Rest	2	2	Rest	10 Mile Race	20
11	Rest	Rest	2 walk/run	2 walk/run	3	Rest	3	10

**This is a ten week plan.**

**You can jump into the week that coincides prior to the date of the race.**