

10k Training Plan

for the Third Annual Memorial Day Two Gomers "Hey How's It Goin" Virtual 10k

MAY 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	30 minute walk	Eight 2x1s (Alternate running 2 minutes and walking 1 minute, 8 times)	30 minute walk	Ten 2x1s	30 minute walk	25 minute run
8	9	10	11	12	13	14
Rest	30 minute walk	Six 3x1s (Alternate running 3 minutes and walking 1 minute, 6 times)	30 minute walk	Eight 3x1s	30 minute walk	40 minute run
15	16	17	18	19	20	21
Rest	30 minute walk	Six 4x1s (Alternate running 4 minutes and walking 1 minute, 6 times)	30 minute walk	Eight 4x1s	30 minute walk	50 minute run
22	23	24	25	26	27	28
Rest	Ten 4x1s	30 minute walk	Eight 4x1s	Rest	Race Weekend!	
29	30	31				
Race Weekend!		Don't Stop!				