



# Plaza 10K

*Benefiting Saint Luke's Home Care & Hospice*

## Couch to 10K

*Training for the Plaza 10K has never been easier*

Stay physically and mentally fit by running the Plaza 10K—form a team, run on your own or with a friend. Follow this simple Couch to 10K guide to condition your body. Start training 12 weeks before the race and you'll be ready to complete the race. Consult your doctor before starting any exercise program.

### Week 1

Day 1 - Run 1 min, Walk 2 min, x8  
Day 2 - Run 1 min, Walk 2 min, x6  
Day 3 - Run 1 min, Walk 2 min, x10

### Week 2

Day 1 - Run 2 min, Walk 2 min, x7  
Day 2 - Run 2 min, Walk 2 min, x6  
Day 3 - Run 2 min, Walk 2 min, x8

### Week 3

Day 1 - Run 3 min, Walk 2 min, x6  
Day 2 - Run 3 min, Walk 2 min, x5  
Day 3 - Run 3 min, Walk 2 min, x7

### Week 4

Day 1 - Run 5 min, Walk 3 min, x4  
Day 2 - Run 5 min, Walk 2 min, x3  
Day 3 - Run 5 min, Walk 3 min, x5

### Week 5

Day 1 - Run 3 min, Walk 2 min, x6  
Day 2 - Run 3 min, Walk 2 min, x5  
Day 3 - Run 5 min, Walk 3 min, x4

### Week 6

Day 1 - Run 8 min, Walk 3 min, x3  
Day 2 - Run 7 min, Walk 2 min, x3  
Day 3 - Run 8 min, Walk 3 min, x3

### Week 7

Day 1 - Run 9 min, Walk 3 min, x3  
Day 2 - Run 8 min, Walk 2 min, x3  
Day 3 - Run 10 min, Walk 3 min, x3

### Week 8

Day 1 - Run 15 min, Walk 5 min, x2  
Day 2 - Run 15 min, Walk 5 min, Run 10 min  
Day 3 - Run 20 min, Walk 5 min, Run 15 min

### Week 9

Day 1 - Run 10 min, Walk 3 min, Run 16 min  
Day 2 - Run 15 min, Walk 5 min, Run 10 min  
Day 3 - Run 15 min, Walk 5 min, x2

### Week 10

Day 1 - Run 20 min, Walk 2 min, Run 20 min  
Day 2 - Run 25 min  
Day 3 - Run 40 min

### Week 11

Day 1 - Run 45 min  
Day 2 - Run 25 min  
Day 3 - Run 50 min

### Week 12

Day 1 - Run 40 min  
Day 2 - Run 30 min

**Event Day - Run 10K**

### Running Tips:

Start and finish each workout with a 5 minute walk

Avoid running on consecutive days

Cross train on non-running days (swimming, cycling etc.)

Source: MyRunningTips.com

◆ Register

[plaza10k.com](http://plaza10k.com)

 **Saint Luke's**  
HOME CARE & HOSPICE