



Plaza 10K

Benefiting Saint Luke's Home Care & Hospice

Couch-to-10K

Training for the Plaza 10K made easy

Stay physically and mentally fit by running the Plaza 10K—run on your own, with a friend, or form a team. 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

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Plaza10K.com

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