

## 5K to 10K in 8 Weeks (Running 4 times per week)

WEEK	DATE	DESCRIPTION	COMPLETED	TIME	COMMENTS
week 1	Day 1	Brisk 5 minute walk, then run 2 miles			
week 1	Day 3	Brisk 5 minute walk, then run 1.5 miles			
week 1	Day 5	Brisk 5 minute walk, then jog 3.5 miles			
week 1	Day 7	25-30 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 2	Day 1	Brisk 5 minute walk, then run 2.5 miles			
week 2	Day 3	Brisk 5 minute walk, then run 2 miles			
week 2	Day 5	Brisk 5 minute walk, then jog 4 miles			
week 2	Day 7	25-30 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 3	Day 1	Brisk 5 minute walk, then run 3 miles			
week 3	Day 3	Brisk 5 minute walk, then run 2 miles			
week 3	Day 5	Brisk 5 minute walk, then jog 4 miles			
week 3	Day 7	30-35 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 4	Day 1	Brisk 5 minute walk, then run 3 miles			
week 4	Day 3	Brisk 5 minute walk, then run 2.5 miles			
week 4	Day 5	Brisk 5 minute walk, then jog 4.5 miles			
week 4	Day 7	30-35 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 5	Day 1	Brisk 5 minute walk, then run 3.5 miles			
week 5	Day 3	Brisk 5 minute walk, then run 3 miles			
week 5	Day 5	Brisk 5 minute walk, then jog 5 miles			
week 5	Day 7	35-40 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 6	Day 1	Brisk 5 minute walk, then run 4 miles			
week 6	Day 3	Brisk 5 minute walk, then run 3 miles			
week 6	Day 5	Brisk 5 minute walk, then jog 5 miles			
week 6	Day 7	35-40 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 7	Day 1	Brisk 5 minute walk, then run 4 miles			
week 7	Day 3	Brisk 5 minute walk, then run 3 miles			
week 7	Day 5	Brisk 5 minute walk, then jog 5.5 miles			

week 7	Day 7	40 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 8	Day 1	Brisk 5 minute walk, then run 3 miles			
week 8	Day 3	Brisk 5 minute walk, then run 2 miles			
week 8	Day 5	Run 10K			

**Congratulations!**