

5K to 10K in 8 Weeks (Running 4 times per week, Dates suggested)

WEEK	DATE	DESCRIPTION	COMPLETED	TIME	COMMENTS
week 1	2-Jun	Brisk 5 minute walk, then run 2 miles			
week 1	4-Jun	Brisk 5 minute walk, then run 1.5 miles			
week 1	6-Jun	Brisk 5 minute walk, then jog 3.5 miles			
week 1	7-Jun	25-30 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 2	9-Jun	Brisk 5 minute walk, then run 2.5 miles			
week 2	6/11/2012	Brisk 5 minute walk, then run 2 miles			
week 2	13-Jun	Brisk 5 minute walk, then jog 4 miles			
week 2	14-Jun	25-30 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 3	16-Jun	Brisk 5 minute walk, then run 3 miles			
week 3	18-Jun	Brisk 5 minute walk, then run 2 miles			
week 3	20-Jun	Brisk 5 minute walk, then jog 4 miles			
week 3	21-Jun	30-35 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 4	23-Jun	Brisk 5 minute walk, then run 3 miles			
week 4	25-Jun	Brisk 5 minute walk, then run 2.5 miles			
week 4	27-Jun	Brisk 5 minute walk, then jog 4.5 miles			
week 4	28-Jun	30-35 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 5	30-Jun	Brisk 5 minute walk, then run 3.5 miles			
week 5	2-Jul	Brisk 5 minute walk, then run 3 miles			
week 5	4-Jul	Brisk 5 minute walk, then jog 5 miles			
week 5	5-Jul	35-40 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 6	7-Jul	Brisk 5 minute walk, then run 4 miles			
week 6	9-Jul	Brisk 5 minute walk, then run 3 miles			
week 6	11-Jul	Brisk 5 minute walk, then jog 5 miles			
week 6	12-Jul	35-40 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			

week 7	14-Jul	Brisk 5 minute walk, then run 4 miles			
week 7	16-Jul	Brisk 5 minute walk, then run 3 miles			
week 7	18-Jul	Brisk 5 minute walk, then jog 5.5 miles			
week 7	19-Jul	40 minutes easy jog or Cross Training (biking, swimming, elliptical, skating, etc.)			
week 8	21-Jul	Brisk 5 minute walk, then run 3 miles			
week 8	23-Jul	Brisk 5 minute walk, then run 2 miles			
week 8	25-Jul	Coast Guard 10K			

Congratulations!