



Together We Run: 10-K distance

Training for Individuals with PWS or new runners increasing distance

** This training plan can be used for any 10k race. To begin, insert your race day and work the calendar backwards to create your training start date. This plan is created to help individuals have success while building time in physical activity and assumes the athlete has successfully completed a 5k race and enjoys this exercise. The gradual progression is intentional to build confidence and participation in a gentle way. **

Week count	Date	Training Run 1	Training Run 2	Training Run 3	Long Run
1		20 minutes	25 minutes	30 minutes	2.5 miles
2		20	25	40	3.0 miles
3		20	25	45	3.0 miles
4		20	25	50	3.25 miles
5		25	30	50	3.5 mile
6		25	30	55	3.5 mile
7		25	30	55	3.75 miles
8		25	35	60	4.0 miles
9		30	35	60	4.0 miles
10		30	35	65	4.25miles
11		30	40	65	4.5 miles
12		30	40	70	4.5 miles
13		30	40	70	4.75 miles
14		30	45	75	5.0 miles
15		30	45	75	5.0miles
16		30	45	75	6.0 miles
17		30	45	75	6.2 miles
18		30	44	70	5 miles
19		30	45	45	3 miles
20		30	rest	rest	10K RACE

Example: If you are training for the 10k race in March 2022, your training begins in October 2021.

If you have any questions or need assistance. Please reach out to tbuck@brenau.edu.

Happy running and walking!

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<https://www.RunningForResearchPWS.com>