



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Team Y

10K Training Program: Novice

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	2.5 m run	30 min cross training	2 m run + strength	Rest	40 min cross training	3 m run
2	Stretch & Strengthen	2.5 m run	30 min cross training	2 m run + strength	Rest	40 min cross training	3.5 m run
3	Stretch & Strengthen	2.5 mi run	35 min cross training	2 m run + strength	Rest	50 min cross training	4 m run
4	Stretch & Strengthen	3 m run	35 min cross training	2 m run + strength	Rest	50 min cross training	4 m run
5	Stretch & Strengthen	3 m run	40 min cross training	2 m run + strength	Rest	60 min cross training	4.5 m run
6	Stretch & Strengthen	3 m run	40 min cross training	2 m run + strength	Rest	60 min cross training	5 m run
7	Stretch & Strengthen	3 m run	45 min cross training	2 m run + strength	Rest	60 min cross training	5.5 m run
8	Stretch & Strengthen	3 m run	30 min cross training	2 m run	Rest	Rest	10K Race

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YMCA OF METROPOLITAN DENVER
2625 S. Colorado Boulevard, Denver, Colorado 80222

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