



14 Week 10K Program

These programs were designed for new runners and walkers, or those just getting back to it. More advanced runners can still follow the program, with the addition of cross training days on some or most of the off days.

Most importantly, don't skip on rest days. Even advanced runners need at least one day completely off. Rest and recovery are just as important (perhaps even more important) than the workouts. Take rest days seriously.

As you get started with a run program, don't worry about how fast you are going. The time on your feet is what is most important. Running and walking are impact activities. To prevent injury, take it easy and slowly build into the mileage. This will allow your muscles, ligaments, joints and cardiovascular system to strengthen and become accustomed to the new activity.

Don't be afraid to take walk breaks when needed. Listen to your body. Push yourself to achieve your new goal, but be smart and stay safe and healthy.

Hydrate well and often. As you begin your new program, be sure to drink plenty of water, not only while you are running, but throughout each day as well. Eat a balanced diet and get plenty of sleep. This will allow your body to recover, heal, and grow stronger.

Be patient. Most new runners rush into their new activity full of enthusiasm and motivation. Be patient and take it slow! Too much too soon will almost always result in injury.

Wear proper footwear. If possible, visit a shoe store where the employees are trained to watch you walk and run to accurately suggest shoes for your particular foot and run gait. Feel free to contact us for suggestions.

Listen to your body. Use this plan as a guideline, not a rigid schedule. If a day needs to be switched to a different day, no problem!! Try to get in the weekly time. If you need to do a mix of walking and running on a day the schedule says to run, that's OK!! Listen to your body!!

Warm up and cool down before any activity. For example, if your schedule says a 20 min run, try either a few minutes of walking before the run or perhaps a few minutes of some dynamic stretching moves such as leg swings, high knees, or windmills. And stretch after each workout. This will help keep your muscles from getting sore, as well as help keep you injury-free.

Sign up early for your race. This will help keep you motivated toward reaching your goal. An upcoming race day on the calendar is great motivation on those days you just don't feel like getting out there for your workout.

Another great motivator is a training partner (or a few!). It's easier to show up for the workout knowing your partner is counting on you to be there as well.

If you have questions or are interested in more personalized or advanced training, please feel free to contact us:
Novak Sports Systems
Jen Novak - Head Coach
jen@novakportssystem.com

Have fun!! And have a great race!



14 Week Couch-to-10K Walk Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK							
1	10 min walk			15 min walk		20 min walk	
2	15 min walk			20 min walk		25 min walk	
3	15 min walk			20 min walk		30 min walk	
4	15 min walk			25 min walk		35 min walk	
5	15 min walk			20 min walk		40 min walk	
6	20 min walk		20 min walk		15 min walk	30 min walk	
7	20 min walk		30 min walk		20 min walk	40 min walk	
8	20 min walk		25 min walk		20 min walk	50 min walk	
9	25 min walk		30 min walk		20 min walk	60 min walk	
10	20 min walk		30 min walk		20 min walk	70 min walk	
11	15 min walk		30 min walk		30 min walk	80 min walk	
12	20 min walk		20 min walk		20 min walk	90 min walk	
13	15 min walk		30 min walk		15 min walk	60 min walk	
14	10 min walk		15 min walk		10 min walk	RACE DAY!!!	



14 Week Couch-to-10K Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK							
1	15 min Walk/Run			20 min Walk/Run		20 min Walk/Run	
2	15 min Walk/Run			20 min Walk/Run		25 min Walk/Run (aim for longer run)	
3	5 min Walk/10 min Run			10 min Easy Run		15 min Easy Run	
4	15 min Easy Run			15 min Easy Run		20 min Easy Run	
5	15 min Easy Run			15 min Run		25 min Easy Run	
6	15 min Easy Run		20 min Run		10 min Run	20 min Run	
7	15 min Easy Run		20 min Run		10 min Run	15 min Run	
8	15 min Run		20 min Run		10 min Run	25 min Run	
9	15 min Run		15 min Run		10 min Run	30 min Run	
10	20 min Run		20 min Run		15 min Run	40 min Run	
11	15 min Run		20 min Run		15 min Run	45 min Run	
12	10 min Run		15 min Run		15 min Run	50 min Run	
13	15 min Run		15 min Run		10 min Run	20 min Run	
14	20 min Run		15 min Run		20 min Run	RACE DAY!!!	