

RUNSTREET 10K BEGINNERS TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Warm-Up: Walk 5 mins Base Run: 10 mins Cooldown: Walk 5 mins	Warm-Up: Walk 5 mins Base Run: 10 mins Cooldown: Walk 5 mins Strength Training 1	Rest	Warm-Up: Walk 5 mins Base Run: 15 mins Cooldown: Walk 5 mins Strength Training 2	Cross training	Warm-Up: Dynamic Stretches Long Run: 20 mins Cooldown: Stretch	Rest
WEEK 2	Warm-Up: Walk 5 mins Base Run: 15 mins Cooldown: Walk 5 mins	Warm-Up: Walk 5 mins Base Run: 15 mins Cooldown: Walk 5 mins Strength Training 1	Rest	Warm-Up: Walk 5 mins Base Run: 20 mins Cooldown: Walk 5 mins Strength Training 2	Cross training	Warm-Up: Dynamic Stretches Long Run: 25 mins Cooldown: Stretch	Rest
WEEK 3	Warm-Up: Walk 5 mins Base Run: 20 mins Cooldown: Walk 5 mins	Warm-Up: Walk 5 mins Base Run: 15 mins Cooldown: Walk 5 mins Strength Training 1	Rest	Warm-Up: Walk 5 mins Base Run: 25 mins Cooldown: Walk 5 mins Strength Training 2	Cross training	Warm-Up: Dynamic Stretches Long Run: 35 mins Cooldown: Stretch	Rest
WEEK 4	Warm-Up: Walk 5 mins Base Run: 25 mins Cooldown: Walk 5 mins	Warm-Up: Walk 5 mins Base Run: 20 mins Cooldown: Walk 5 mins Strength Training 1	Rest	Warm-Up: Walk 5 mins Base Run: 30 mins Cooldown: Walk 5 mins Strength Training 2	Cross training	Warm-Up: Dynamic Stretches Long Run: 40 mins Cooldown: Stretch	Rest

NOTES

STRENGTH WORKOUT 1

Planks: 30 seconds X 2 sets

Squats, Lunges, Side Lunges: 10 X 2 sets

Push-Ups, Seated Dips: 10 X 2 sets

Dumbbell Exercises: Bench Press, Bent Over Rows: 10 X 2 sets

STRENGTH WORKOUT 2

Planks: 30 seconds X 2 sets

Squats, Side Lunges: 10 X 2 sets

Dumbbell Exercises: Bench Press, Triceps Extensions, Bicep Curls: 10 X 2 sets

Beginning Runners Guide

Xiaolong Qi



Beginning Runners Guide:

This book delves into Beginning Runners Guide. Beginning Runners Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Beginning Runners Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Beginning Runners Guide
- Chapter 2: Essential Elements of Beginning Runners Guide
- Chapter 3: Beginning Runners Guide in Everyday Life
- Chapter 4: Beginning Runners Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Beginning Runners Guide. The first chapter will explore what Beginning Runners Guide is, why Beginning Runners Guide is vital, and how to effectively learn about Beginning Runners Guide.
3. In chapter 2, this book will delve into the foundational concepts of Beginning Runners Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Beginning Runners Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Beginning Runners Guide in daily life. The third chapter will showcase real-world examples of how Beginning Runners Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Beginning Runners Guide in specific contexts. The fourth chapter will explore how Beginning Runners Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Beginning Runners Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Beginning Runners Guide.

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