

# 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<br>Base Run: 10 mins<br>Cooldown: Walk 5 mins | Warm-Up: Walk 5 mins<br>Base Run: 10 mins<br>Cooldown: Walk 5 mins<br>Strength Training 1 | Rest  | Warm-Up: Walk 5 mins<br>Base Run: 15 mins<br>Cooldown: Walk 5 mins<br>Strength Training 2 | Cross training | Warm-Up: Dynamic Stretches<br>Long Run: 20 mins<br>Cooldown: Stretch | Rest  |
| WEEK 2 | Warm-Up: Walk 5 mins<br>Base Run: 15 mins<br>Cooldown: Walk 5 mins | Warm-Up: Walk 5 mins<br>Base Run: 15 mins<br>Cooldown: Walk 5 mins<br>Strength Training 1 | Rest  | Warm-Up: Walk 5 mins<br>Base Run: 20 mins<br>Cooldown: Walk 5 mins<br>Strength Training 2 | Cross training | Warm-Up: Dynamic Stretches<br>Long Run: 25 mins<br>Cooldown: Stretch | Rest  |
| WEEK 3 | Warm-Up: Walk 5 mins<br>Base Run: 20 mins<br>Cooldown: Walk 5 mins | Warm-Up: Walk 5 mins<br>Base Run: 15 mins<br>Cooldown: Walk 5 mins<br>Strength Training 1 | Rest  | Warm-Up: Walk 5 mins<br>Base Run: 25 mins<br>Cooldown: Walk 5 mins<br>Strength Training 2 | Cross training | Warm-Up: Dynamic Stretches<br>Long Run: 30 mins<br>Cooldown: Stretch | Rest  |
| WEEK 4 | Warm-Up: Walk 5 mins<br>Base Run: 25 mins<br>Cooldown: Walk 5 mins | Warm-Up: Walk 5 mins<br>Base Run: 20 mins<br>Cooldown: Walk 5 mins<br>Strength Training 1 | Rest  | Warm-Up: Walk 5 mins<br>Base Run: 30 mins<br>Cooldown: Walk 5 mins<br>Strength Training 2 | Cross training | Warm-Up: Dynamic Stretches<br>Long Run: 40 mins<br>Cooldown: Stretch | Rest  |

## NOTES

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## 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

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# Beginning Runners Guide

**AW Rasmussen**



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