



**CORVALLIS & ALBANY
SPORT & SPINE
PHYSICAL THERAPY**



Couch to 10K Training Plan for Fall Festival Run 2019

Couch to 10k

w/r = walk run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 29	Rest	1 mile w/r	Cross	1 mile w/r	Rest	Cross	1.5 miles w/r
Aug 5	Rest	1.5 miles w/r	Cross	1.5 miles w/r	Rest	Cross	2 miles w/r
Aug 12	Rest	1 mile	Cross	1 mile	Rest	Cross	1.5 miles
Aug 19	Rest	1 mile	Cross	1.5 miles	Rest	Cross	2 miles
Aug 26	Rest	1.5 miles	Cross	2 miles	Rest	Cross	2.5 miles
Sept 2	Rest	2 miles	Cross	2.5 miles	Rest	Cross	3 miles
Sept 9	Rest	2.5 miles	Cross	3 miles	Rest	Cross	4 miles
Sept 16	Rest	3 miles	Cross	3 miles	Rest	Cross	5 miles
Sept 23	Rest	2 miles	Cross	2 miles	Rest	Cross	10k (6.22 mi)

RACE DAY!

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc.)

Shoot for 50/50 with the walk/run intervals the first couple weeks, but feel free to do more or less as your body allows

This is a very loose schedule. Take it and modify as needed to work with your life.

- The specific days are not as important as the number of days and the overall mileage per session

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