

#challenge accepted - 50 Days to your first 10 km...

This is a program for the regular parkrunner that do it in 45 - 60 minutes and never done a 10 km

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Intro					rest	5km parkrun	rest
Week 1	10min power walk , 10 min jogging, 10 min power walk	rest	40 min cross training	10 times (1 min run 1 min walk)= 20 min	rest	5km parkrun	rest
Week 2	10 min powerwalk , 12 min jogging, 10 min powerwalk	rest	40 min cross training	15 times (1 min run 1 min walk)= 30 min	rest	5km parkrun	rest
Week 3	10 min powerwalk, 15 min jogging, 10 min powerwalk	rest	45 min cross training	17 times (1 min run 1 min walk)=34 min	rest	5km parkrun	rest
Week 4	15 min powerwalk , 15 min jogging, 15 min powerwalk	rest	45 min cross training	2X 10 times (1 min run 1 min walk)= 40 min	rest	5km parkrun	rest
Week 4	15 min powerwalk , 20 min jogging, 15 min powerwalk	rest	45 min cross training	3X 10 times (1 min run 1 min walk)=60 min	rest	5km parkrun	rest
Week 6	15 min powerwalk , 20 min jogging, 15 min powerwalk	rest	45 min cross training	2X 10 times (1 min run 1 min walk)= 40 min	rest	5km parkrun hard	rest
Week 7	30 min cross training	rest	rest	10 times (1 min run 1 min walk)= 20 min	rest	Easy parkrun or rest	Peace 10 km at CT Marathon