

**HEEL
TO
HEAL**



10K

**TRAINING
SCHEDULE**



HeeltoHeal.SVCCchurch.com

*run 2 minutes, walk 1 minutes

WK	START DATE	MON	TUE	WED	THU	FRI	SAT	SUN	PHASE
		RUN	WALK	RUN	WALK	RUN	RUN	REST	
1	25-Nov	20 min <i>run 2, walk 1*</i>	30 min <i>walk</i>	20 min <i>run 2, walk 1</i>	30 min <i>walk</i>	30 min <i>run 2, walk 1</i>	35 min <i>run 2, walk 1</i>	Rest	Base Training
2	2-Dec	25 min <i>run 2, walk 1</i>	30 min <i>walk</i>	25 min <i>run 2, walk 1</i>	30 min <i>walk</i>	25 min <i>run 2, walk 1</i>	40 min <i>run 3, walk 1</i>	Rest	
3	9-Dec	30 min <i>run 3, walk 1</i>	30 min <i>walk</i>	30 min <i>run 3, walk 1</i>	30 min <i>walk</i>	30 min <i>run 3, walk 1</i>	45 min <i>run 4, walk 1</i>	Rest	
4	16-Dec	35 min <i>run 3, walk 1</i>	30 min <i>walk</i>	35 min <i>run 3, walk 1</i>	30 min <i>walk</i>	35 min <i>run 3, walk 1</i>	50 min <i>run 4, walk 1</i>	Rest	
5	23-Dec	40 min <i>run 4, walk 1</i>	30 min <i>walk</i>	40 min <i>run 4, walk 1</i>	30 min <i>walk</i>	40 min <i>run 4, walk 1</i>	60 min <i>run 5, walk 1</i>	Rest	
6	30-Dec	45 min <i>run 5, walk 1</i>	30 min <i>walk</i>	45 min <i>run 5, walk 1</i>	30 min <i>walk</i>	Rest	5K Test <i>Run 3.1 miles</i>	Rest	
		EASY	EASY	STRENGTH	HARD	REST	LONG	X-TRAIN	
7	6-Jan	1.5 Miles	Cross Train	Rest	1.5 Miles	Rest	2 Miles	Recovery	Distance Training
8	13-Jan	2 Miles	Cross Train	Rest	2 Miles	Rest	2.5 Miles	Recovery	
9	20-Jan	2.5 Miles	Cross Train	Rest	2 Miles	Rest	3.5 Miles	Recovery	
10	27-Jan	2.5 Miles	Cross Train	Rest	2 Miles	Rest	3.5 Miles	Recovery	
11	3-Feb	3 Miles	Cross Train	Rest	2.5 Miles	Rest	4 Miles	Recovery	
12	10-Feb	3 Miles	Cross Train	Rest	2.5 Miles	Rest	4.5 Miles	Recovery	
13	17-Feb	3.5 Miles	Cross Train	Rest	3 Miles	Rest	5 Miles	Recovery	
14	24-Feb	3 Miles	Cross Train	Rest	2 Miles	Rest	RACE WEEKEND!		

BRING HEALTH & HOPE TO THE WORLD WITH EVERY MILE