Narragansett Summer Running Festival - 2024
Beginner 10K Training Plan

	Day 1 (Tuesday)	Day 2 (Thursday)	Day 3 (Saturday)	Day 4 (Sunday)	Total Weekly Run Volume
Week 1 Build April 22	2.0	2.0	Walk 20 minutes	2.0	6.0
Week 2 Build April 29	2.0	2.5	Walk 25 minutes	2.5	7.0
Week 3 Build May 6	2.5	2.5	Walk 30 minutes	3.0	8.0
Week 4 Recovery May 13	2.0	2.0	Walk 20 minutes	2.0	6.0
Week 5 Build May 20	2.5	3.0	Walk 30 minutes	3.5	9.0
Week 6 Build May 27	3.0	3.0	Walk 30 minutes	4.0	10.0
Week 7 Build June 3	3.0	3.5	Walk 30 minutes	4.5	11.0
Week 8 Recovery June 10	2.5	2.5	Walk 30 minutes	3.0	8.0
Week 9 Peak June 17	3.5	4.0	Walk 30 minutes	5.0	12.5
Week 10 Peak June 24	4.0	4.5	Walk 30 minutes	5.5	14.0

	Day 1 (Tuesday)	Day 2 (Thursday)	Day 3 (Saturday)	Day 4 (Sunday)	Total Weekly Run Volume
Week 11 Taper July 1	2.5	2.5	Walk 20 minutes	4.0	9.0
Week 12 Taper/Race July 8	1.5	1.5	1.0	RACE - 10K	10.2

Notes:
*This plan is recommended for runners new to the 10K distance.
*Begin each Run Session with a 5 minute walk, gradually increasing your pace.
*Finish each Run Session with a 5 minute easy walk.
*All runs should be done at Aerobic Z1 (rate of perceived exertion of 4-6 on a scale of 10) or comfortable conversation pace, and may be done as a continuous run or as run/walk intervals (see suggested format below).
*Include two strength training days per week (Monday and Friday).
*It is recommended that you stretch after each run.
*Include one complete rest day per week (Wednesday).
*Optional Run/Walk Progression Program (Weeks 1-8)
    Week 1 - 1 minute run/1 minute walk
    Week 2 - 2 minute run/1 minute walk
    Week 3 - 3 minute run/1 minute walk
    Week 4 - 3 minute run/1 minute walk
    Week 5 - 4:00 minute run/1minute walk
    Week 6 - 4:15 minute run/45 second walk
    Week 7- 4:30 minute run/30 second walk
    Week 8 - continuous run (or run/walk interval of your choice)