

ZIMMERMAN KISER SUTCLIFFE  
WINTER PARK  
ROAD RACE

Presented by FLORIDA HOSPITAL




James C. Barnett, M.D. Memorial Run

# 8 WEEK 10K TRAINING PLAN

by Susan S. Paul, Program Director, Track Shack Fitness Club

This plan assumes a runner or walker has some base mileage. It is designed to help you feel good while participating in the Winter Park Road Race 10k (6.2 miles) using a three day a week method.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WEEK 1</b>	Get Motivated!	2 Miles	Cross Train	2.5 Miles	Cross Train	2.5 Miles	REST
<b>WEEK 2</b>	Cross Train	2.5 Miles	Cross Train	2.5 Miles	Cross Train	3 Miles	REST
<b>WEEK 3</b>	Cross Train	3 Miles	Cross Train	3 Miles	Cross Train	3.5 Miles	REST
<b>WEEK 4</b>	Cross Train	3.5 Miles	Cross Train	3.5 Miles	Cross Train	4 Miles	REST
<b>WEEK 5</b>	Cross Train	4 Miles	Cross Train	4.5 Miles	Cross Train	4.5 Miles	REST
<b>WEEK 6</b>	Cross Train	4 Miles	Cross Train	4.5 Miles	Cross Train	5 Miles	REST
<b>WEEK 7</b>	Cross Train	5 Miles	Cross Train	5.5 Miles	Cross Train	6 Miles	REST
<b>WEEK 8</b>	Cross Train	4 Miles	Cross Train	3 Miles	REST	 <b>RACE DAY!</b>	REST

### POINTERS AND TIPS

- If walking, walk briskly or “with purpose.”
- If using a walk/run Interval, begin with one minute intervals. For example, run one minute, walk one minute. Gradually increase the run interval as the running becomes easier to run 2 minutes but keep the one minute walk interval. Build the run interval to five minutes.
- If running, set a comfortable pace. You should be able to carry on a conversation while running.
- Take walk breaks as needed.
- Cross-train one to three days a week, recommended, i.e. swimming, spinning, weight lifting, or yoga.

*Consult a physician before beginning any exercise program.*



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