

NEW YORK CITY **10K**

8 WEEK TRAINING PROGRAM

LEVEL 1
WALKER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST OR WALK	25 MIN WALK	REST OR WALK	25 MIN WALK	REST	3.0 MI WALK	35-80 MIN WALK
2	REST OR WALK	30 MIN WALK	REST OR WALK	30 MIN WALK	REST	3.5 MI WALK	45-80 MIN WALK
3	REST OR WALK	35 MIN WALK	REST OR WALK	35 MIN WALK	REST	4.0 MI WALK	55-80 MIN WALK
4	REST OR WALK	40 MIN WALK	REST OR WALK	40 MIN WALK	REST	4.5 MI WALK	65-80 MIN WALK
5	REST OR WALK	45 MIN WALK	REST OR WALK	45 MIN WALK	REST	5.0 MI WALK	70-80 MIN WALK
6	REST OR WALK	50 MIN WALK	REST OR WALK	50 MIN WALK	REST	5.5 MI WALK	75-80 MIN WALK
7	REST OR WALK	55 MIN WALK	REST OR WALK	55 MIN WALK	REST	6.0 MI WALK	80 MIN WALK
8	REST OR WALK	30 MIN WALK	REST OR WALK	30 MIN WALK	REST	RACE	