

**Team BMC 5 Week New Runner/ Beginner 10K Training**

**Plan:**

1. Start easy to allow body to gradually adjust to impact
2. Run/ jog at a pace that you can carry on conversation
3. Stretch after run
4. Call Joint Ventures Physical Therapy @ 617-536-1161 to set up complimentary injury screening
5. Add in some strength training if your schedule allows (Tues- Thurs- Sat) and or non-impact cardio
6. Email me @ [jfurey611@gmail.com](mailto:jfurey611@gmail.com) with any training questions

		Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	5/22	Run 1 min Walk 5 min (x5)		Run 1 min Walk 2 min (x7)		Run 1 min Walk 1 min (x9)	
Week 2	5/29	Run 2 min Walk 2 min (x7)		Run 2 min Walk 2 min (x9)		Run 2 min Walk 2 min (x10)	
Week 3	6/5	Run 3 min Walk 2 min (x7)		Run 3 min Walk 2 min (x9)		Run 3 min Walk 2 min (x10)	
Week 4	6/12	Run 3 min Walk 1 min (x6)		Run 3 min Walk 1 min (x8)		Run 3 min Walk 1 min (x11)	
Week 5	6/19	Run 4 min Walk 1 min (x5)		Run 4 min Walk 1 min (x7)		Run 20 min easy (race on Sun)	