

**WEEK #10:**

**PODCAST, EPISODE #10: "GO BIG OR GO HOME"**

***Change for week #10:***

***Week #10 is the BIGGEST week of your 5k training plan. The Long Run distance increases by 0.5-1 mile for a total of 3.5-4 miles. Try to decrease the number of breaks during the long run.***

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.  
*When you know what you like, stick with it!*
- Day 2: "Fartlek" run routine as:  
Warm-up: A 5min. brisk but relaxed walk, followed by:  
Run/jog at a relaxed pace for 5 minutes, followed by a 1-minute walk. Repeat for a total distance of 2.5 miles. Start each mile with a short (15-second) sprint ("Fartlek"), a total of 3.
- Day 3: Cross Training for 20-30min. today  
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:  
Warm-up: A 5min. brisk but relaxed walk, then:  
Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-mile loop or do 1.25-mile out, 1.25 mile back)
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 3.5-4-Mile run/jog with breaks; run/jog relaxed for 1.75 to 2miles, break (walk for 1min.), repeat. (Can be broken into segments, make the segments the same length. Try to limit your breaks, e.g. 1-2 instead of 3-4!)

Day 7:

Walk/Run routine as:

Warm-up: A 5min. brisk but relaxed walk, then:

Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-loop or do 1.25-mile out, 1.25-mile back)