

RUN A KID TO CAMP

10K Training Schedule

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 walk/cross	4 REST	5 1 mile	6 1 mile	7 1.5 miles	8 REST	9 1.5 miles
10 walk/cross	11 REST	12 2 miles	13 2 miles	14 2 miles	15 REST	16 2.5 miles
17 walk/cross	18 REST	19 3 miles	20 2.5 miles	21 3 miles	22 REST	23 3.5 miles
24 walk/cross	25 REST	26 3 miles	27 2.5 miles	28 3 miles	29 REST	30 3.5 miles
31 walk/cross						

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February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 REST	2 3 miles	3 3.5 miles	4 3 miles	5 REST	6 4 miles
7 walk/cross	8 REST	9 3 miles	10 3.5 miles	11 4 miles	12 REST	13 4.5 miles
14 walk/cross	15 REST	16 4 miles	17 3.5 miles	18 4 miles	19 REST	20 5 miles
21 walk/cross	22 REST	23 3 miles	24 4.5 miles	25 4 miles	26 REST	27 5.5 miles
28 walk/cross						

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March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 REST	2 4 miles	3 5 miles	4 4 miles	5 REST	6 6 miles
7 walk/cross	8 2 miles	9 2 miles	10 REST	11 2 miles	12 REST	13 RACE DAY!!