

Independence Day Readiness

A four (4) week comprehensive plan to help you run your first 10k

Week 1 - Easy Set In (3 kilometers)

Week one will consist of participants attempting to complete a 3km by weeks end

Through the week they will attempt to complete a 3k distance by weeks end

Day 1 - 3 km walk

Day 3 - 3km Walk- Run

Day 6 - 3km Run

Week 2 - Midway Readiness (5 kilometers)

Week Two will consist of participants attempting to complete a 5 km by weeks end

Through the week they will attempt to complete a 5k distance by weeks end

Day 1 - 3 km Run

Day 3 - 5km Walk- Run

Day 6 - 5km Run

Week 3 - Silver Lining (7 Kilometers)

Week three will consist of participants attempting to complete a 7km by weeks end

Through the week they will attempt to complete a 7k distance by weeks end

Day 1 - 5 km Run

Day 3 - 7 km Walk- Run

Day 6 - 7 km Run

Week 4 - 10/10 Readiness (10 kilometers)

Week four will consist of participants attempting to complete a 10 km by weeks end

Through the week they will attempt to complete a 10k distance by weeks end

Day 1 - 7 km Run

Day 3 - 10 km Walk- Run

Day 6 - 10 km Run

Other Facets :

- After Run cool downs
- Rest & Recovery Guidance