



NORTHSHORE

HALF MARATHON & 10 MILER

9 Week 10 Mile Training Plan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
8/25	Stretch & strengthen	3 m run	30 min cross	2 mi run + strength	Rest	3 mi run	30 min cross
9/1	Stretch & strengthen	3 m run	35 min cross	2 mi run + strength	Rest	4 mi run	30 min cross
9/8	Stretch & strengthen	2 m run	35 min cross	2 mi run + strength	Rest	2 mi run	40 min cross
9/15	Stretch & strengthen	4 m run	40 min cross	3 mi run + strength	Rest	5 mi run	40 min cross
9/22	Stretch & strengthen	4 m run	40 min cross	3 mi run + strength	Rest	6 mi run	50 min cross
9/29	Stretch & strengthen	3 m run	45 min cross	3 mi run + strength	Rest	4 mi run	50 min cross
10/6	Stretch & strengthen	5 m run	45 min cross	3 mi run + strength	Rest	7 mi run	60 min cross
10/13	Stretch & strengthen	5 m run	45 min cross	3 mi run + strength	Rest	8 mi run	60 min cross
10/20	Stretch & strengthen	3 m run	30 min cross	2 mi run + strength	Rest	Rest	10 Mile Race

October 27, 2019