



## Marine Corps 10K Run & Run/Walk Schedule

### AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of 8/16							KICK OFF 1 mile
Week of 8/23	stretch/core train 20 minutes	Rest	stretch/core train 20 minutes	Rest	stretch/core train 20 minutes	Rest	run/walk 25 min- no more than 2miles
Week of 8/30	bike/hike: any cross-train 20 minutes	stretch/core/ run- walk 20 minutes					

### SEPTEMBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of 8/30			stretch/core/ walk 20-30 minutes	Rest	stretch/core/ run- walk 20 minutes	Rest	ON YOUR OWN run-walk 30 min no more than 3 miles
Week of 9/6	cross-train 30 minutes	stretch/core/ run- walk 20 minutes	run-walk 25 minutes	Rest	stretch/core/ run- walk 25 minutes	Rest	run-walk 35 min no more than 3.5 miles
Week of 9/13	cross-train 40 minutes	stretch/core/ run- walk 20 minutes	stretch/core/ run- walk 30 minutes	Rest	stretch/core/ run- walk 25-30 minutes	Rest	run-walk 40 min or 4 mi
Week of 9/20	cross-train 40 minutes	stretch/core/ run- walk 20-25 minutes	run-walk 35 minutes	Rest	stretch/core/ run- walk 25-30 minutes	Rest	run-walk 45 min. or 4.5 miles
Week of 9/27	cross-train 40 minutes	stretch/core/ run- walk 20-25 minutes	run walk 35 min	Rest			

### OCTOBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of 9/27					tempo 14-21 min run-walk 30 minutes	Rest	stretch/core/ run- walk 50 min. or 5 mi.
Week of 10/4	cross-train 40 minutes	stretch/core/ run- walk 30 minutes	run-walk 40-45 minutes	Rest	tempo 21-28 min run-walk 30	Rest	run-walk 60 minutes or 6 mi.
Week of 10/11	cross-train 40 minutes	stretch/core/ run- walk 30 minutes	stretch/core/ run- walk 50 minutes	Rest	stretch/core/ run- walk 40-45	Rest	run walk 70 min. or 7 mi.
Week of 10/18	cross-train 40 minutes	Rest	run-walk 3-4 mi	Rest	run - walk 3-4 mi	Rest	stretch/core/ run- walk 30 minutes
EVENT WEEK!	MARINE CORPS 10K!						