

# live well be well

## WELLNESS UNIVERSITY

### Novice 10k training program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 min. run/walk	Cross Training Try cycling or swimming or a dance class	30 min. run/walk	Cross Training Try a yoga class	Active Rest Try a stretch class	OFF	2.00 mile run/walk
2	40 min. run/walk	Cross Training	40 min. run/walk	Cross Training	Active Rest	OFF	3.00 mile run/walk
3	50 min. run/walk	Cross Training	50 min. run/walk	Cross Training	Active Rest	OFF	4.00 mile run/walk
4	60 min. run/walk	Cross Training	60 min. run/walk	Cross Training	Active Rest	OFF	5.00 mile run/walk
5	60 min. run/walk	Cross Training	60 min. run/walk	Cross Training	Active Rest	OFF	6.0 mile run/walk
6	60 min. run/walk	Cross Training	60 min. run/walk	Cross Training	Active Rest	OFF	6.5 mile run/walk
7	50 min. run/walk	Cross Training	50 min. run/walk	Cross Training	Active Rest	OFF	3.0 mile run/walk
8	40 min. run/walk	Cross Training	40 min. run/walk	Cross Training	Active Rest	OFF	<u>Virtual Race Day</u>

Need ideas for a cross training or active rest days? Visit [www.kpwellnessu.org](http://www.kpwellnessu.org) and find out more information about Wellness University's virtual exercise classes like Boot Camp, Zumba and Yoga. All FREE with the Class Pass app.