

KP Run/Walk 10k Training Program – 10-weeks

Week	Monday	TUESDAY	Wednesday	Thursday	Friday	Saturday	Sunday
1	Active Rest	30 min. run/walk	Active Rest	30 min. run/walk	Active Rest	OFF	3.00 mile run/walk
2	Active Rest	35 min. run/walk	Active Rest	35 min. run/walk	Active Rest	OFF	3.50 mile run/walk
3	Active Rest	40 min. run/walk	Active Rest	40 min. run/walk	Active Rest	OFF	4.00 mile run/walk
4	Active Rest	45 min. run/walk	Active Rest	45 min. run/walk	Active Rest	OFF	4.50 mile run/walk
5	Active Rest	50 min. run/walk	Active Rest	50 min. run/walk	Active Rest	OFF	5.00 mile run/walk
6	Active Rest	55 min. run/walk	Active Rest	55 min. run/walk	Active Rest	OFF	5.50 mile run/walk
7	Active Rest	60 min. run/walk	Active Rest	60 min. run/walk	Active Rest	OFF	6.00 mile run/walk
8	Active Rest	65 min. run/walk	Active Rest	65 min. run/walk	Active Rest	OFF	6.50 mile run/walk
9	Active Rest	70 min. run/walk	Active Rest	70 min. run/walk	Active Rest	OFF	7.00 mile run/walk
10	Active Rest	45 min. run/walk	Active Rest	45 min. run/walk	Active Rest	OFF	<u>RACE DAY!</u>

On Active Rest Days, go on a bike ride, swim or do a HIIT workout. Don't forget to stretch!

Go to www.kpwellnessu.org to learn about wellness resources and offerings.

For exercising, you earn credits towards great Wellness University rewards.

Go to the [Event Codes](#) page and enter *ongoing fitness program* activity code to earn up to 2 credits per week.

Remember, check with your physician before you start any exercise program.

