



The **10 weeks to a 10k** running program is for athletes who have been running one or two times per week for one or two miles at a time. Non-runners who have an athletic background - some aerobic development through cycling, skiing, swimming, etcetera- may also use this plan.

This program is intended for use by athletes who are relatively new to running. Intermediate and advanced runners will want to check out our other programs.

The program includes specific daily running workouts, rest and recovery days, and strength training routines.

Please consult with your physician before beginning any athletic training routine.

Some useful articles to read before or during your training program:

[Running drills explained](#)
[Running zones explained](#)

Please email [Coach Marty Gaal](#) with any questions regarding this plan. While Marty doesn't support adjustments and detailed feedback on a pre-made training plan, he is happy to address your concerns and answer questions.

Thank you,

Marty Gaal
One Step Beyond
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