

The following 10K training program is brought to you by Capital Road Race Management, race organizer for the Nutrition Fuels Fitness 5k/10k. This nine-week schedule is designed for a beginner runner interested in completing his/her first 10K (6.2 miles) at this year's event. For this program, we define a beginner runner as one who cannot run for 20 consecutive minutes at a steady, comfortable pace. The schedule is a very gradual buildup designed to get you to the starting line injury free. The first five weeks of the schedule is based on workout time and combines running and brisk walking. You'll notice that at the end of the fourth and fifth week we include a longer run portion. It is okay to walk as needed during this 15 minute span, but we encourage you to run as much of this time as possible. It's very important that you don't do too much too soon. We switch to miles in the sixth week.

Please keep the following in mind when embarking on this program:

- It's always smart to consult a physician prior to starting any new exercise program.
- Invest in a quality pair of running shoes if you don't already have a good pair.
- Be patient - fitness gains will not come overnight.
- You should walk/run at a pace that allows you to talk comfortably, but fast enough to gain fitness.
- Keep it fun - encourage a friend to train with you. Run in different places or at different times of the day. The Sacramento area offers some incredible places to run/walk. If you haven't already, check out the 31-mile American River Parkway (parts of it that is) that extends from Discovery Park near downtown to Beal's Point in Folsom. Or, head to McKinley Park, voted Sacramento's favorite running park by Sacramento News & Review, or Elk Grove Regional Park where we hold our Nutrition Fuels Fitness event.
- When training on a treadmill, set the elevation to 1% to equate to outdoor running.
- Listen to your body. Your own intuition is your best coach. Take an extra day off if you're feeling tired or rundown. However, don't confuse tiredness with laziness. Stay consistent. Remember, walking out the door is sometimes the hardest part of the run.
- Enjoy your first 10K race. Don't put time pressures on yourself. You'll be participating along with hundreds of other runners so you're sure to have plenty of company.

We hope you find these hints and the following schedule helpful in training for and participating in the Nutrition Fuels Fitness 10k.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday tes
1	20 minutes alternating 2 min. run 2 min. walk	off	20 minutes alternating 2 min. run 2 min. walk	off	24 minutes alternating 2 min. run 2 min. walk	es off	24 minutes alternating 3 min. run 2 min. walk
2	25 minutes alternating 2 min run 1 min. walk	off	25 minutes alternating 3 min. run 1 min. walk	off	25 minutes alternating 3 min. run 1 min. walk	off	30 minutes alternating 4 min. run 1 min. walk
3	30 minutes alternating 3 min. run 1 min. walk	off	35 minutes alternating 5 min. run 1 min. walk	off	30 minutes alternating 4 min. run 1 min. walk	off	36 minutes alternating 8 min. run 1 min. walk
4	30 minutes alternating 4 min. run 1 min. walk	off	40 minutes alternating 9 min. run 1 min. walk	off	30 minutes alternating 6 min. run 1 min. walk	off	15 min. continuous run 15 min run/walk
5	35 minutes alternating 6 min. run 1 min. walk	off	39 min. alternating 12 min. run 1 min. walk	off	36 minutes alternating 8 min. run 1 min. walk	off	20 min. continuous run 20 min. run/walk
6	2-3 miles	off	2-3 miles	off	2-3 miles	off	3 miles
7	2-3 miles	off	4 miles	off	2-3 miles	off	4 miles
8	2-3 miles	off	3 miles	off	3 miles	off	5 miles
9	3 miles	off	4 miles	off	3 miles	off	off
10	NFF 10k Good Luck!						