



Lawyers Have Heart Training Plan – 10k

- Before beginning a training program, make sure to visit a specialty running store to get fit for running shoes.
- Begin all workouts with 5-10 minutes of dynamic stretching
- Choose three non-consecutive days per week to run
- All runs should be at a conversational effort. If you are breathless, slow down.
- Take a rest day or cross-train on days in between.
- Be sure to incorporate strength training at least three times/week after running or on non-running days.

Week	Day 1	Day 2	Day 3
Week 1	2-3 miles	2-3 miles	3-4 miles
Week 2	2-3 miles	2-3 miles	3-4 miles
Week 3	3 miles	3 miles	4 miles
Week 4	3.5 miles	3 miles	4.5 miles
Week 5	4 miles	3 miles	5 miles
Week 6	4 miles	3.5 miles	6 miles
Week 7	4 miles	3.5 miles	6.5 miles
Week 8	4 miles	3 miles	Lawyers Have Heart 10K

