



AIMing to Complete Your First 10K—Beginner’s Schedule (2016)

Note: 1km = .62 mi.; time format: min:sec. Easy = 1km in 6:30-7:10 • Moderate = 1km in 5:20-6:20 • Intense = 1km in 4:00-4:50

There are no intense workouts in this schedule; if the spirit moves you, push yourself a little but be careful to avoid injury. Example: 24 minutes E: j14, w10, means jog for total of 14 minutes, all at an easy pace and broken up with walks as you see fit, but the walking breaks shouldn’t exceed a total

of 10 minutes. **Stretch for 10 to 20 minutes after every workout!** Resting is very important, so especially if you are over 40 years of age, be sure to honor your Rest days by doing, at a moderate pace, another activity that works you aerobically, such as bicycling, aerobic dancing, swimming, etc., or Resting.

Set July ‘16 goals & FOCUS to achieve them:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	11 Jul Rest	12 Jul 20 minutes of any combo of jogging or walking that’s comfortable	13 Jul Rest or 10 minutes walking	14 Jul 20 minutes of any combo of jogging or walking that’s comfortable	15 Jul Rest	16 Jul 20 minutes of any combo of jogging or walking that’s comfortable	17 Jul 20 minutes of any combo of jogging or walking that’s comfortable
2	18 Jul Rest	19 Jul 20 minutes of any combo of jogging or walking that’s comfortable	20 Jul Rest or 10 minutes walking	21 Jul 20 minutes of any combo of jogging or walking that’s comfortable	22 Jul Rest	23 Jul 22 minutes of any combo of jogging or walking that’s comfortable	24 Jul 22 minutes of any combo of jogging or walking that’s comfortable
3	25 Jul Rest	26 Jul 22 minutes more jogging than walking	27 Jul Rest or 15 minutes walking	28 Jul 22 minutes more jogging than walking	29 Jul Rest	30 Jul 24 minutes more jogging than walking	31 Jul 24 minutes more jogging than walking

Self assessment-July ‘16

Set August ‘16 goals & FOCUS to achieve them:

4	1 Aug Rest	2 Aug 24 minutes E: j15, w9	3 Aug Rest	4 Aug 24 minutes E: j15, w9	5 Aug Rest	6 Aug 24 minutes E: j15, w9	7 Aug 24 minutes E: j14, w10
5	8 Aug Rest	9 Aug 24 minutes E: j16, w8	10 Aug Rest	11 Aug 24 minutes E: j16, 8	12 Aug Rest	13 Aug 26 minutes E: j18, w8	14 Aug 22 minutes E: j14, w8
6	15 Aug Rest	16 Aug 26 minutes E: j18, w8	17 Aug Rest	18 Aug 26 minutes E: j18, w8	19 Aug Rest	20 Aug 26 minutes E: j20, w6	21 Aug 26 minutes E: j18, w8
7	22 Aug Rest	23 Aug 26 minutes E: j20, w6	24 Aug Rest	25 Aug 26 minutes E: j20, w6	26 Aug Rest	27 Aug 30 minutes E: j25, w5	28 Aug 22 minutes E: j18, w4

Self assessment-August ‘16

Set September ‘16 goals & FOCUS to achieve them:

8	29 Aug Rest	30 Aug 30 minutes E: j25, w5	31 Aug Rest	1 Sep 30 minutes E: j25, w5	2 Sep Rest	3 Sep 35 minutes E: j28, w7	4 Sep 30 minutes E: j20, 10
9	5 Sep Rest	6 Sep 40 minutes E: j30, 10	7 Sep Rest	8 Sep 40 minutes E: j30, 10	9 Sep Rest	10 Sep 40 minutes E: j35, 5	11 Sep 40 minutes E: j30, 10
10	12 Sep Rest	13 Sep 40 minutes E: j35, 5	14 Sep Rest	15 Sep 40 minutes E: j35, 5	16 Sep Rest	17 Sep 45 minutes E: j39, 6	18 Sep 35 minutes E: j30, w5
11	19 Sep Rest	20 Sep 45 minutes E: j39, 6	21 Sep Rest	22 Sep 45 minutes E: j39, 6	23 Sep Rest	24 Sep 45 minutes E: j40, 5	25 Sep 40 minutes E: j30, 10
12	26 Sep Rest	27 Sep 40 minutes E: j30, 10	28 Sep Rest	29 Sep 50 minutes E: j40, 10	30 Sep Rest	1 Oct 50 minutes E: j42, 8	2 Oct 40 minutes E: j35, 5

Self assessment-September ‘16

Set October ‘16 goals & FOCUS to achieve them:

13	3 Oct Rest	4 Oct 60 minutes E: j42, 18	5 Oct Rest	6 Oct 60 minutes E: j42, 18	7 Oct Rest	8 Oct 60 minutes E: j48, 12	9 Oct 50 minutes E: j42, 8
14	10 Oct Rest	11 Oct 60 minutes E: j52, 8	12 Oct Rest	13 Oct 60 minutes E: j52, 8	14 Oct Rest	15 Oct 65 minutes E: j57, 8	16 Oct 55 minutes E: j42, 8
15	17 Oct Rest	18 Oct 65 minutes E: j57, 8	19 Oct Rest	20 Oct 65 minutes E: j55, 10	21 Oct Rest	22 Oct 35 minutes E: j35	23 Oct 35 minutes E: j35
16	24 Oct Rest	25 Oct 25 minutes E: jog 25	26 Oct Rest	27 Oct 25 minutes E: jog 25	28 Oct Rest	29 Oct Rest	30 Oct AIM DAY 10K

Self assessment-October ‘16