

beginner 10 mile training plan

beginner 10 mile training plan is a structured approach designed to help new runners safely and effectively prepare for a 10-mile race. This plan focuses on gradually building endurance, improving cardiovascular fitness, and enhancing running technique while minimizing the risk of injury. Whether aiming to complete the race or achieve a personal best, a comprehensive beginner 10 mile training plan offers guidance on weekly mileage, rest days, and cross-training activities. The training also emphasizes the importance of nutrition, hydration, and recovery strategies to support consistent progress. This article outlines a detailed training schedule, tips for success, and common challenges beginners might face. Understanding these elements will ensure a well-rounded preparation for the 10-mile distance.

- Understanding the 10 Mile Race
- Key Components of a Beginner 10 Mile Training Plan
- Sample 10 Week Training Schedule
- Essential Training Tips for Beginners
- Nutrition and Hydration Strategies
- Injury Prevention and Recovery

Understanding the 10 Mile Race

The 10-mile race is a popular distance that offers a challenging yet manageable goal for runners looking to advance beyond shorter distances such as 5Ks or 10Ks. It covers approximately 16.1 kilometers, demanding a combination of endurance and speed. For beginners, the race represents an opportunity to build stamina and develop race-day strategies. Training for a 10-mile race requires balancing mileage, intensity, and rest to enhance aerobic capacity without overtraining. Understanding the unique demands of this distance is essential when following a beginner 10 mile training plan.

Physical Demands and Benefits

Running 10 miles requires sustained aerobic effort, primarily engaging slow-twitch muscle fibers and improving cardiovascular efficiency. Completing this distance regularly helps increase lung capacity, muscular endurance, and mental toughness. The benefits extend beyond physical fitness, contributing to weight management, stress reduction, and improved overall health. Recognizing these advantages provides motivation for adhering to the training plan.

Common Challenges for Beginners

Many new runners encounter obstacles such as pacing difficulties, fatigue,

and injury risk when training for longer distances. Proper pacing prevents early burnout, while gradual mileage increases mitigate overuse injuries. Mental barriers, including motivation lapses and self-doubt, also affect training consistency. A well-structured beginner 10 mile training plan addresses these challenges with progressive workouts and recovery emphasis.

Key Components of a Beginner 10 Mile Training Plan

Successful training for a 10-mile race incorporates several essential elements to optimize performance and safety. These components include running workouts, cross-training, rest days, and strength training. Each plays a specific role in building endurance, preventing injury, and enhancing running mechanics.

Running Workouts

Running workouts form the core of the training plan, combining easy runs, long runs, and speed sessions. Easy runs promote aerobic development without excessive strain, while long runs extend endurance by gradually increasing distance. Speed workouts, such as intervals or tempo runs, improve running economy and pace control. Integrating these varying intensities supports balanced adaptation.

Cross-Training and Strength Training

Cross-training activities like cycling, swimming, or elliptical training provide cardiovascular benefits while reducing impact stress on joints. Strength training, focusing on the core, hips, and legs, enhances muscular support and running efficiency. Including these workouts twice a week helps prevent muscle imbalances and injuries.

Rest and Recovery

Recovery days are critical for muscle repair and adaptation. Scheduling at least one or two rest days weekly allows the body to recover from training stress. Active recovery, such as gentle stretching or yoga, can further support flexibility and circulation. Ignoring rest can lead to overtraining syndrome and increased injury risk.

Sample 10 Week Training Schedule

A typical beginner 10 mile training plan spans 8 to 12 weeks, progressively increasing running volume and intensity. The following sample schedule outlines week-by-week workouts designed to build stamina while allowing adequate recovery.

1. **Week 1:** 3 easy runs (2-3 miles), 1 long run (3 miles), 2 cross-training days, 1 rest day

2. **Week 2:** 3 easy runs (3 miles), 1 long run (4 miles), 2 cross-training days, 1 rest day
3. **Week 3:** 3 easy runs (3 miles), 1 long run (5 miles), 1 speed session (intervals), 1 cross-training day, 1 rest day
4. **Week 4:** 3 easy runs (3-4 miles), 1 long run (6 miles), 1 tempo run, 1 cross-training day, 1 rest day
5. **Week 5:** 3 easy runs (4 miles), 1 long run (7 miles), 1 speed session, 1 cross-training day, 1 rest day
6. **Week 6:** 3 easy runs (4 miles), 1 long run (5 miles), 1 tempo run, 2 cross-training days, 1 rest day
7. **Week 7:** 3 easy runs (4-5 miles), 1 long run (8 miles), 1 speed session, 1 cross-training day, 1 rest day
8. **Week 8:** 3 easy runs (4 miles), 1 long run (6 miles), 1 tempo run, 1 cross-training day, 1 rest day
9. **Week 9:** 3 easy runs (3 miles), 1 long run (9 miles), 1 speed session, 1 rest day, 1 easy run
10. **Week 10 (Race Week):** 2 easy runs (2-3 miles), 1 rest day before race, race day

Essential Training Tips for Beginners

Adhering to practical guidelines enhances the effectiveness of a beginner 10 mile training plan. These tips support consistent progress and reduce the likelihood of setbacks.

Gradual Mileage Increase

Increase weekly mileage by no more than 10% to avoid overuse injuries. This gradual progression allows the musculoskeletal system to adapt to the growing demands of training.

Proper Footwear and Gear

Investing in quality running shoes suited to individual gait and foot type prevents discomfort and injuries. Moisture-wicking clothing and appropriate weather gear improve comfort during various conditions.

Listening to the Body

Monitoring signs of fatigue or pain is crucial. Rest or modify workouts if experiencing persistent soreness, sharp pains, or extreme fatigue to prevent injury escalation.

Consistency and Patience

Consistent training adherence yields the best results. Patience is necessary as improvements in endurance and pace develop over weeks and months, not days.

Nutrition and Hydration Strategies

Fueling the body correctly before, during, and after training supports energy levels and recovery. Nutrition and hydration are integral parts of a successful beginner 10 mile training plan.

Pre-Run Nutrition

Consume a balanced meal containing carbohydrates, moderate protein, and low fat 2-3 hours before running. Simple carbohydrates like bananas can be eaten closer to run time for quick energy.

During Long Runs

For runs exceeding 60 minutes, consider small carbohydrate snacks or sports drinks to maintain blood glucose levels. Hydration during these runs is equally important to prevent dehydration.

Post-Run Recovery

Refuel within 30-60 minutes post-run with carbohydrates and protein to replenish glycogen stores and promote muscle repair. Staying hydrated with water or electrolyte beverages aids in recovery.

Injury Prevention and Recovery

Preventing injuries is vital for maintaining training momentum in a beginner 10 mile training plan. Employing strategic recovery and preventive measures reduces the risk of common running injuries.

Warm-Up and Cool-Down

Begin each workout with a dynamic warm-up to increase blood flow and prepare muscles. Conclude with a cool-down and stretching to reduce muscle tightness and promote flexibility.

Common Injuries and Prevention

Typical injuries include shin splints, runner's knee, and plantar fasciitis. Prevention strategies involve proper footwear, gradual mileage increases, strength training, and adequate rest.

Recovery Techniques

Incorporate foam rolling, massage, and rest days to facilitate muscle recovery and reduce soreness. Adequate sleep and nutrition further support tissue repair and overall recovery.

Frequently Asked Questions

What is a beginner 10 mile training plan?

A beginner 10 mile training plan is a structured schedule designed to help new runners gradually build endurance and strength to successfully complete a 10 mile race.

How many weeks should a beginner 10 mile training plan last?

Most beginner 10 mile training plans last between 8 to 12 weeks, allowing sufficient time to build mileage safely and improve fitness.

How many days per week should I run in a beginner 10 mile training plan?

Typically, a beginner training plan includes running 3 to 4 days per week, with rest or cross-training days in between to aid recovery.

What types of runs are included in a beginner 10 mile training plan?

A beginner plan usually includes easy runs, a long run to build endurance, and sometimes tempo or interval runs to improve speed and stamina.

How important is rest in a beginner 10 mile training plan?

Rest days are crucial as they allow muscles to recover and reduce the risk of injury, making them an essential part of any training plan.

Can beginners cross-train while following a 10 mile training plan?

Yes, cross-training activities like cycling, swimming, or yoga can complement running by improving overall fitness and reducing impact stress.

What should I eat while training for a 10 mile race as a beginner?

A balanced diet rich in carbohydrates, protein, healthy fats, and hydration is important to fuel workouts and support recovery during training.

How do I prevent injuries during a beginner 10 mile training plan?

Prevent injuries by gradually increasing mileage, incorporating rest days, warming up before runs, cooling down afterward, and listening to your body.

Is it necessary to include strength training in a beginner 10 mile training plan?

Including strength training helps improve muscle endurance and running form, which can enhance performance and reduce injury risk.

Additional Resources

1. *10 Mile Training for Beginners: A Step-by-Step Guide*

This book offers a comprehensive training plan tailored specifically for beginners aiming to complete their first 10-mile race. It breaks down weekly workouts into manageable segments, combining running, cross-training, and rest days. Readers will find motivational tips and injury prevention strategies to help them stay on track and build endurance safely.

2. *Starting Strong: Your Beginner's 10 Mile Running Plan*

Designed for those new to longer distances, this guide provides a practical and achievable training schedule. It emphasizes gradual progression, proper form, and nutrition advice to support performance. The book also includes motivational stories from novice runners who successfully completed their first 10-mile events.

3. *From Couch to 10 Miles: Beginner's Running Blueprint*

Ideal for individuals transitioning from inactivity to running, this book lays out an easy-to-follow plan that builds stamina and confidence. It incorporates a mix of walking and running intervals, making it accessible for all fitness levels. Additionally, readers will learn about gear selection and mental preparation techniques.

4. *The 10 Mile Beginner's Handbook*

This handbook covers all the essentials needed to prepare for a 10-mile race, including training schedules, nutrition, and recovery tips. It focuses on creating sustainable habits and avoiding common beginner mistakes. The practical advice helps runners stay motivated and injury-free throughout their journey.

5. *Run Your First 10 Miles: A Beginner's Training Journey*

This motivational book shares a detailed training plan along with personal anecdotes from first-time 10-mile runners. It encourages self-reflection and goal setting, helping readers to stay committed. The book also provides advice on pacing, hydration, and race day preparation.

6. *10 Mile Training Made Simple for Beginners*

Perfect for new runners, this book breaks down the training process into simple, digestible steps. It highlights the importance of consistency and balanced workouts to improve endurance. Readers will also find tips on tracking progress and adjusting the plan based on individual needs.

7. *Beginner's Guide to 10 Mile Running Success*

This guide focuses on building a strong foundation through gradual mileage

increases and strength training. It offers expert advice on injury prevention, stretching routines, and nutrition tailored for longer runs. The book is designed to help beginners gain confidence and complete their 10-mile goal with ease.

8. *Train Smart: Beginner's 10 Mile Running Plan*

Combining science-based training principles with practical application, this book helps beginners optimize their workouts. It features customizable plans depending on fitness levels and time availability. The author also discusses mental strategies to overcome common challenges faced by novice runners.

9. *10 Mile Race Ready: Beginner's Training Essentials*

This book equips beginners with everything they need to successfully train for a 10-mile race. It includes detailed weekly plans, nutrition guidelines, and tips on proper running technique. Readers will also find advice on gear selection and how to stay motivated throughout the training cycle.

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beginner 10 mile training plan: First Steps to 10K Your Ultimate Beginner Training Plan J. Todd Jennings, 2024-08-01 Understanding the 10K distance is a crucial step for anyone embarking on the journey from casual jogging to completing a full race. The 10K, which translates to approximately 6.2 miles, strikes a perfect balance between challenge and attainability, making it an ideal goal for beginners. It offers the opportunity to push your limits while still being manageable enough for those new to running. This distance not only tests your physical endurance but also helps you cultivate the mental resilience necessary for longer races. Embracing the 10K can be a transformative experience, setting the stage for future running adventures.

beginner 10 mile training plan: The Ultimate Trail Running Handbook Claire Maxted, 2021-01-07 'Filled to the brim with advice, tips and inspiration to enable you to achieve your dreams over whatever distance you want your legs to carry you' - Chrissie Wellington, OBE, four-time Ironman Triathlon World Champion From complete beginners to seasoned off-road runners, The Ultimate Trail Running Handbook has all the training and nutrition advice, skills, gear and motivation you need to become a fit and confident trail runner. There are training plans that take newcomers from 5k parkrun to first trail marathon, while for experienced runners there are sections on strength work, injury prevention and advanced training plans to boost performance up to 50k (30 miles). To keep you enjoying every step, you'll find advice on how to choose the right gear; over 20 easy, healthy recipes; inspiring stories from real trail runners; and advice from top athletes and coaches. And if you want to explore new trails, you can use the navigation and route planning section to create your own exciting off-road adventure. If you're a trail runner or would like to become one, this book is your new best friend.

beginner 10 mile training plan: Hansons Marathon Method Luke Humphrey, 2016-01-01 Run your first marathon or your fastest with Hansons Marathon Method, the revolutionary training program from one of the best running teams in the world, the Hansons-Brooks Distance Project. In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal their

innovative marathon training program that has helped thousands of runners become true marathoners and smash their personal bests. Hansons Marathon Method tosses out mega-long runs and high-mileage weekends--two old-fashioned running traditions that often injure and discourage runners. Runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest final miles of the marathon--and finish strong. In this new second edition, the Hansons program welcomes newer runners with a new Just Finish program featuring a simple schedule of easier running and lower mileage. The Just Finish program sets up first-time marathoners for an enjoyable marathon and a lifetime of strong, healthy running. Hansons Marathon Method will prepare you for your best marathon: Sensible weekly mileage based on science, not outdated traditions Effective Hansons speed, strength, and tempo workouts paced to achieve your goal Crucial nutrition and hydration guidelines to run strong for the whole race A smart and simple Just Finish program for new runners and marathon first-timers Detailed training schedules for experienced and advanced marathoners This revised second edition answers frequently asked questions, shows how to integrate flexibility and strength work into your training week, and shares the most effective recovery methods. Using the Hansons' innovative approach, you will mold real marathon muscles, train your body to avoid the wall, and finish strong. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the world. Using their innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon. You might expect a training program devised by the Hanson brothers to be a little different than the usual rehashing of principles and schedules. Given the success of athletes from the Hansons-Brooks Distance Project, you wouldn't be surprised if it was effective, too. -- Runner's World

beginner 10 mile training plan: Running Past 50 Caolan MacMahon, 2024-10-28 As you move past the age of 50, the physiological demands of running require adjustments in training intensity, recovery, goal setting, and mental outlook. Running Past 50 is your guide to addressing those demands so you can continue to enjoy, compete, and excel in the sport you love. Accomplished runner and coach Caolan MacMahon shares practical advice and her personal stories to guide and inspire you to set realistic yet challenging goals; adapt to the body's changing realities, including the female-specific changes brought on by menopause; identify the building blocks of successful training; establish and maintain an aerobic base; maximize training while minimizing injury; and incorporate rest and recovery more effectively into workouts or training cycles. Additionally, you will find 10-week training programs for beginner, intermediate, and advanced runners aiming to conquer a 5K or 10K; a half-marathon program for novice and intermediate runners; and 18-week training programs for marathon beginners, intermediate and advanced marathoners, and ultramarathoners. Both inspirational and practical, Running Past 50 will help you achieve your goals by making the necessary shifts in thinking and training that lead to personal bests, fewer injuries, and a lifetime of running.

beginner 10 mile training plan: How to Run a Marathon in 90 Days: The Ultimate Beginner's Guide to Training, Endurance, and Race Day Success A Step-by-Step Quick Plan to Go from Zero to 26.2 Miles with Smart Training Dr. Rabea Hadi, 2025-02-23 Run Your First Marathon in Just 90 Days—No Experience Required! Have you ever dreamed of running a marathon but felt unsure if you had the time, fitness, or knowledge to train properly? Whether you're a complete beginner or someone looking to take on the challenge of 26.2 miles, this book is your quick guide to marathon success. Read what everyone's saying about my books: I really enjoyed this book! The author takes such a fun, sarcastic approach to mental health, which is honestly refreshing. The don't do this advice in each chapter are funny, which shows exactly how we make things harder for ourselves. Reader review, ★★★★★ This is well laid out and very informational. This is a great resource for teens looking to navigate the woes of social interactions through school. I highly recommend it. Reader review, ★★★★★ Perfect for people who enjoy satire and laughing while they are learning! Reader

review, □□□□□ How to Run a Marathon in 90 Days provides a step-by-step, science-backed training plan designed to take you from almost zero to race-ready in just three months. With expert strategies on training, injury prevention, nutrition, mental toughness, and race-day execution, this book will help you cross the finish line strong—no matter your current fitness level. What You May Learn: □ A complete 90-day marathon training plan for beginners □ The science behind how your body adapts to endurance running □ How to prevent common injuries and recover faster □ Essential nutrition and hydration strategies for peak performance □ Mental toughness techniques to stay motivated and push through the wall □ Race-day strategies to pace yourself and finish strong □ How to make running a lifelong habit and set new running goals You don't need years of experience or elite genetics to run a marathon. With the right training approach and mindset, anyone can do it—including you! Your journey starts now. Are you ready to run?

beginner 10 mile training plan: *Runner's World Race Everything* Bart Yasso, Erin Strout, Editors of Runner's World Maga, 2017-10-10 How to be prepared no matter where running might take you Millions of runners around the US are interested in special experiences, whether it means running a bucket-list event like the Boston Marathon, or competing in beautiful and challenging locales such as Rome or Death Valley. Whatever race you choose, there is no one better to guide you on your journey than Bart Yasso, chief running officer at Runner's World magazine. Over the past 40 years, Yasso has run more than 1,000 races, across all seven continents, at every conceivable distance, from local 5Ks to grueling ultramarathons and Ironman triathlons. He's truly done it all, and in *Race Everything*, he shares the secrets of how he trained, the particularities of each course, and the specific insights he has gleaned to help you run your best no matter the distance. This book offers tried-and-true advice on how to train and what to do on race day to make the best use of your training. It provides everything you need to know to succeed at the most popular race distances, including general training principles, targeted training plans for beginners and experienced runners alike, and insider tips based on Yasso's own experiences and those of other top runners he has known and run with. The goal is to inform and inspire runners eager to challenge themselves by tackling the world's signature races. You will also learn Yasso's methods for winning the greatest race of all, longevity, so that you can remain healthy, fit, and able to race for decades to come. Whether your goal is to complete a 5K or 10K race in your hometown or conquer the Antarctica Marathon, *Runner's World Race Everything* will be your guide.

beginner 10 mile training plan: *The Runner's World Big Book of Running for Beginners* Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, 2014-04-01 Every day, people are reaching their get-up-or-give-up moments and resolving to change. And they're realizing that running is the simplest, cheapest, and most effective way to lose weight, gain confidence, and relieve stress. For newcomers, the obstacles are fierce. There are fears of pain and embarrassment. There are schedules jam-packed with stressful jobs, long commutes, endless meetings, and sticky-fingered toddlers. *The Runner's World Big Book of Running for Beginners* provides all the information neophytes need to take their first steps, as well as inspiration for staying motivated. The book presents readers with tips for smart nutrition and injury prevention and includes realistic training plans that enable beginning runners to achieve gradual progress (by gearing up for a 30-minute run, a 5-K, or even a 5-miler). Above all, it will show newbies just how fun and rewarding the sport can be, thanks to the help of several real runner testimonials.

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every level and ability, workouts, a runner's dictionary, and sample meal plans. Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

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advice to treat common running injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon.

beginner 10 mile training plan: Running a Marathon For Dummies Jason Karp, 2012-10-18 Get ready to run the race of your life Marathons in the U.S. have seen record increases in participation during the past few years. Running a Marathon For Dummies helps aspiring marathon runners prepare to successfully complete their first race, and shows experienced runners how to take their game to the next level. Running a Marathon For Dummies gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon—and beyond. For seasoned runners, Running a Marathon For Dummies offers tips and advice for how to continue improving performance through drills, exercises, and other techniques. Provides a timed training promise for runners of all skill levels, from non-runners, first marathoners, and mid-race runners to more experienced runners Includes information on how running increases heart strength, keeps illnesses away, keeps arteries clear, and improves a person's mood Gives you drills, exercises, and techniques to improve your endurance Whether you're a couch potato or a regularly hit the asphalt, Running a Marathon For Dummies gives you everything you need to run the race of your life.

beginner 10 mile training plan: Hansons First Marathon Luke Humphrey, Keith Hanson, Kevin Hanson, 2024-01-11 The results have been proven at every level, from the beginner to the elite, the Hanson's training system works. - Desiree Davila, Olympic marathoner With the right training, ANYONE can finish a marathon! Hansons First Marathon, from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll feel strong and confident of a race experience you'll be proud of. The Hansons-Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method. Now they have made the marathon not just something to check off your bucket list, but also an enjoyable, inspiring, and life-changing experience. Hansons First Marathon is for anyone who has decided to step up to the marathon. Whether you're a totally new runner who has never run a race, a recreational runner who enjoys occasional races, or even a competitive runner who is ready to go all the way—you'll find the right marathon training schedule for you in Hansons First Marathon. Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience, race goals, and your natural strengths and weaknesses. Then he guides you to the right plan to prepare you for the miles ahead. Hansons First Marathon covers everything you need to know: Finding your foot type and a good shoe for marathon training The types of workouts and how (and why) to do them Choosing your race wisely Training around travel, illness, and navigating injuries How to stretch and strength train for marathon Ways to recover from daily runs and after your race Science-based nutrition and hydration guidelines for workouts and race day What to do differently during the crucial final 6 weeks before your race How to get to the start line feeling confident, stress-free, and ready Setting an ideal marathon race strategy that puts you in control Marathons are an exciting, rewarding challenge for runners of all abilities, but how you get to the start line matters as much as how you finish. Choose Hansons First Marathon to start your marathon adventure and you'll set yourself up for success.

beginner 10 mile training plan: Indianapolis Monthly, 1998-06 Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

beginner 10 mile training plan: Conquering the Marathon Lynn Gray, 2012-11-09 Conquering

The Marathon is written for those thousands of individuals now joining the long distance movement of half and whole marathons. Distance walking and/or running should no longer be geared only toward those who are already physically fit, but also for people who are physically untrained. Conquering The Marathon addresses adults who possess very basic levels of fitness, yet want realistic guidance as to how to pursue aerobic fitness such as distance walk to run ratio movement. It is also written for the beginning and seasoned distance runner who strives to reach their physical and aerobic potential. The reader has a year of progressive training schedules, with weekly training tips plus detailed muscular and agility exercises specific for long distance movement. The book also contains a detailed nutrition plan for the active person along with 100 various workouts for all levels of aerobic movement. The content found in Conquering The Marathon will influence and motivate the unfit, those getting fit, and those who are fit.

beginner 10 mile training plan: 7 Weeks to a 10K Brett Stewart, 2013-07-16 Follow the 7-week programs in this book and you'll quickly gain the strength and stamina needed to complete any 10K-faster than you ever thought possible. More approachable than marathons but still impressive races, 10K runs are wildly popular. Packed with easy-to-following charts and helpful photos. 7 Weeks to a 10K has everything you need to know about the balance of running speed and endurance: Clear progressive training programs; Running-specific cross-training techniques; Hydration and pace recommendations; Motivational advice on pushing harder and crushing your race goal.

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