



Geist 10k Training Plan - 8 Week / Beginner
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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2.5 Miles - Easy	Cross/REST	2 Miles - Easy	REST	2 Miles - Easy	3 Miles - Easy	REST
2	2.5 Miles - Easy	Cross/REST	2 Miles - Easy	REST	2 Miles - Easy	3.5 Miles - Easy	REST
3	2.5 Miles - Easy	Cross/REST	2 Miles - Easy	REST	2 Miles - Easy	4 Miles - Easy	REST
4	3 Miles - Easy	Cross/REST	2 Miles - Easy	REST	3 Miles - Easy	4.5 Miles - Easy	REST
5	3 Miles - Easy	Cross/REST	2 Miles - Easy	REST	3 Miles - Easy	5 Miles - Easy	REST
6	3 Miles - Easy	Cross/REST	2 Miles - Easy	REST	3 Miles - Easy	5.5 Miles - Easy	REST
7	3 Miles - Easy	Cross/REST	2 Miles - Easy	REST	3 Miles - Easy	6 Miles - Easy	REST
8	2 Miles - Easy	REST	2 Miles - Easy	REST	20 Min. Easy	RACE DAY 10K	REST

Explanations

Easy Runs - These are meant to be at a pace where you can hold a conversation. That may be tougher in the beginning and that's totally normal. If you are brand new to running, all runs may feel a bit hard. That is totally normal, so don't get discouraged. If you need to mix in running/walking, do it.

Cross - Any kind of cross training will be helpful here. It can be as simple as some stretching, yoga, weight training etc... Preferably something low to no impact. Great free yoga videos on YouTube as well.