



L + M Hospital Spring Stride
HMF Events 10K Training

YaleNewHavenHealth
Lawrence + Memorial Hospital



Weeks to Race	Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
6	25-Mar	2	3	Rest	3	1	5	Rest	14
5	1-Apr	2	4	Rest	3	1	5	Rest	15
4	8-Apr	2	3	Rest	3	2	6	Rest	16
3	15-Apr	2	3	Rest	3	1	5	Rest	14
2	22-Apr	2	3	Rest	3	1	4	Rest	13
1	29-Apr	1	2	Rest	2	1	Race Day!	Rest	12.2

	<i>Base Building</i>
	<i>Taper</i>
	<i>Race Day</i>
	<i>Recovery</i>

Note: This is a basic progressive training schedule. Your actual mileage may vary! Due to the diversity of experience and fitness levels, it may not be appropriate for all runners. It is based upon the assumption that you are currently running at least 8 miles per week, at least three times per week and are able to complete a 5K.