



Hartford HealthCare Mystic 10K Training Plan



Weeks to Race	DATE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
10	8-Mar	OFF	2	2	1	Off	1	4	10
9	15-Mar	OFF	3	2	1	Off	2	4	12
8	22-Mar	OFF	3.5	2	1	Off	2	4.5	13
7	29-Mar	OFF	4	2	1	Off	2	5	14
6	5-Apr	OFF	4	2	1	Off	2	6	15
5	12-Apr	OFF	5	2	1	Off	2	6	16
4	19-Apr	OFF	4	Off	2	Off	2	7	15
3	26-Apr	OFF	3	2	1	Off	2	6	14
2	3-May	OFF	4	2	1	Off	2	5	14
1	10-May	OFF	2	1	3	Off	1	3	10
Race Week	17-May	RACE DAY!	1	3	1	4	Off	Off	

	Base Building (Start of official program)
	Taper
	Race Day
	Recovery

Please consult a physician or other health care professional before starting this or any fitness program to determine if it is suitable.