



Parkinson Canada

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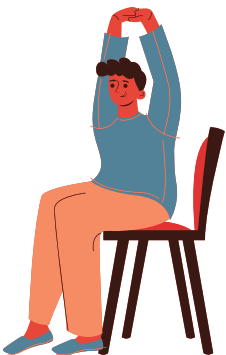
10 KM Training Guide

Training Guide for 8 weeks

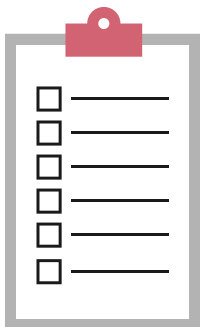
We know that entering a race can be nerve-wracking, regardless of your experience levels! Here are some tips and tricks and an 8-week training guide to help you get started!



Stay hydrated! It's important to drink water throughout your training and race days so that your body is compensating for what you sweat out!



Always stretch before and after to avoid stiffness and potential injury. Stretching will also help with soreness post-run and leads to better results!



Follow our 8-week training guide below to get you race-ready!



10 KM Training Guide

Training Guide for 8 weeks

Week One

Monday:	20 minute walk
Tuesday:	25 minute walk
Wednesday:	30 - 45 minute strength training or cross train
Thursday:	Rest
Friday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Saturday:	30 - 45 minute strength training or cross train
Sunday:	Rest

Week Two

Monday:	25 minute walk
Tuesday:	30 minute walk
Wednesday:	30 - 45 minute strength training or cross train
Thursday:	Rest
Friday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Saturday:	30 - 45 minute strength training or cross train
Sunday:	Rest

Week Three

Monday:	30 minute walk
Tuesday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Wednesday:	30 - 45 minute strength training or cross train
Thursday:	Rest
Friday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Saturday:	30 - 45 minute strength training or cross train
Sunday:	Rest

Week Four

Monday:	45 minute walk
Tuesday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Wednesday:	30 - 45 minute strength training or cross train
Thursday:	Rest
Friday:	49 minutes - Run 6 mins/walk 1 min. Repeat 7 times.
Saturday:	30 - 45 minute strength training or cross train
Sunday:	Rest

Week Five

Monday:	45 minute walk
Tuesday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Wednesday:	30 - 45 minute strength training or cross train
Thursday:	Rest
Friday:	49 minutes - Run 6 mins/walk 1 min. Repeat 7 times.
Saturday:	30 - 45 minute strength training or cross train
Sunday:	Rest

Week Six

Monday:	45 minute walk
Tuesday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Wednesday:	30 - 45 minute strength training or cross train
Thursday:	Rest
Friday:	49 minutes - Run 6 mins/walk 1 min. Repeat 7 times.
Saturday:	30 - 45 minute strength training or cross train
Sunday:	Rest

Week Seven

Monday:	49 minutes - Run 6 mins/walk 1 min. Repeat 7 times.
Tuesday:	49 minutes - Run 6 mins/walk 1 min. Repeat 7 times.
Wednesday:	30 - 45 minute strength training or cross train
Thursday:	Rest
Friday:	56 minutes - Run 7 mins/walk 1 min. Repeat 7 times.
Saturday:	30 - 45 minute strength training or cross train
Sunday:	Rest

Week Eight

Monday:	56 minutes - Run 7 mins/walk 1 min. Repeat 7 times.
Tuesday:	Rest
Wednesday:	42 minutes- Run 5 mins/walk 1 min. Repeat 7 times.
Thursday:	Rest
Friday:	56 minutes - Run 7 mins/walk 1 min. Repeat 7 times.
Saturday:	Rest
Sunday:	RACE