



# EPIC Canadian 10K

## BEGINNER TRAINING GUIDE

Start Date: May 12, 2019

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Run 30min	OFF	Other	2.5km run	2.5km run	OFF	3km run
2	Run 30min	OFF	Other	2.5km run	2.5km run	OFF	5km run
3	Run 30min	OFF	Other	2.5km run	2.5km run	OFF	6km run
4	Run 30min	OFF	Other	4.5km run	4.5km run	OFF	6km run
5	Run 30min	OFF	Other	4.5km run	4.5km run	OFF	7km run
6	Run 30min	OFF	Other	7km run	2.5km run	OFF	8km run
7	Run 30min	OFF	Other	5km run	2.5km run	OFF	Run 30min
8		RACE DAY!					

\*Other means any exercise you wish, whether it be walking, yoga, swimming, cycling, taking the day off or taking your dog for a walk.