



-Presented by-
 **Abbott**

10M 8 Week Training Plan

Date Started: _____ **Goal:** _____

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Strength Upper Body	2 miles	Strength Lower Body	Cross Train	2 miles	Rest & Mobility	3 miles
2	Strength Upper Body	2 miles	Strength Lower Body	Cross Train	2 miles	Rest & Mobility	4 miles
3	Strength Upper Body	2 miles	Strength Lower Body	Cross Train	3 miles	Rest & Mobility	5 miles
4	Strength Upper Body	3 miles	Strength Lower Body	Cross Train	4 miles	Rest & Mobility	6 miles
5	Strength Upper Body	3 miles	Strength Lower Body	Cross Train	5 miles	Rest & Mobility	7 miles
6	Strength Upper Body	4 miles	Strength Lower Body	Cross Train	5 miles	Rest & Mobility	8 miles
7	Strength Upper Body	4 miles	Strength Lower Body	Cross Train	4 miles	Rest & Mobility	5 miles
8	Strength Upper Body	4 miles	Strength Lower Body	4 miles	Rest	Rest & Mobility	Race Day

*For strength training and mobility excercises print out the plan from Coach Jaci
www.minnesotarunningseries.com/training

Race Info: www.GoldysRun.com