

## Jeff Galloway Marathon Pre-training Adapted 10k plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	5-Jan	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	2 mile
2	12-Jan	walk or XT	run 25-30min	walk or XT	run 25-30min	walk or XT	off	3 mile
3	19-Jan	walk or XT	run 30-35min	walk or XT	run 30-35min	walk or XT	off	4 mile or 5K
4	26-Jan	walk or XT	run 30-35min	walk or XT	run 30-35min	walk or XT	off	5 mile
5	2-Feb	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	5 mile or 5K
6	9-Feb	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	6 mile
7	16-Feb	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	6 mile or 5K
8	23-Feb	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	7 mile
9	2-Mar	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	3.5 mile
10	9-Mar	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	4 mile or 5K
11	16-Mar	walk or XT	run 30-45min	walk or XT	run 30-45min	walk or XT	off	<b>10K race</b>

1 week recovery before novice marathon training/ extend pre-training for intermediate marathon training- see 13wk program at [www.jeffgalloway.com](http://www.jeffgalloway.com)

Adapted from [www.jeffgalloway.com](http://www.jeffgalloway.com) (10k training schedule)

**It is wise to consult your doctor before starting a new exercise program.**