

8 WEEK DESK TO 10K TRAINING PROGRAM

WEEK	MON	TUES	WED	THUR	FRID	SAT	SUN
1	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3.0 mile walk	45-90 min walk
2	Rest or walk	35 min walk	Rest or walk	35 min walk	Rest	3.5 mile walk	55-90 min walk
3	Rest or walk	40 min walk	Rest or walk	40 min walk	Rest	4.0 mile walk	65-90 min walk
4	Rest or walk	45 min walk	Rest or walk	45 min walk	Rest	4.5 mile walk	75-90 min walk
5	Rest or walk	50 min walk	Rest or walk	50 min walk	Rest	5.0 mile walk	80-90 min walk
6	Rest or walk	55 min walk	Rest or walk	55 min walk	Rest	5.50 mile walk	85-90 min walk
7	Rest or walk	60 min walk	Rest or walk	60 min walk	Rest	6.0 mile walk	90 min walk
8	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	Rest	10K Race 🕶️