



Fit To Win

12 Week

Training Program

Army Ten-Miler

| Week | Monday | Tuesday | Wed. | Thursday | Friday | Saturday | Sunday |
|------|---------|---------|------|----------|--------|----------|--------|
| 1 | 2 miles | 0 | 2 | 0 | 2 | 0 | 3 |
| 2 | 2 | 0 | 2 | 0 | 2 | 0 | 3 |
| 3 | 2 | 0 | 2 | 0 | 2 | 0 | 4 |
| 4 | 2 | 0 | 3 | 0 | 2 | 0 | 5 |
| 5 | 2 | 0 | 3 | 0 | 3 | 0 | 6 |
| 6 | 3 | 0 | 3 | 0 | 3 | 0 | 7 |
| 7 | 3 | 0 | 4 | 0 | 3 | 0 | 7 |
| 8 | 3 | 0 | 4 | 0 | 3 | 0 | 8 |
| 9 | 3 | 0 | 4 | 0 | 3 | 0 | 9 |
| 10 | 3 | 0 | 4 | 0 | 3 | 0 | 10 |
| 11 | 3 | 0 | 4 | 0 | 3 | 0 | 5 |
| 12 | 2 | 0 | 3 | 0 | 2 | 0 | Race |



Blue days are “no run” days. It’s advised to cross train, such as cycling, elliptical, rowing, swimming, core training, and lower extremity strength training.

**Note – Allow at least ONE DAY of complete rest per week.



Yellow days are “slow runs”, usually 1-2 minutes slower than your goal or race pace (minutes/mile).



Orange days are “tempo or fast” runs. Run at or close to race or goal pace.

Fit To Win Clinic, DTHC 692-8898

Please consult your physician before starting an exercise program