



Wellbeats™

TRAIN FOR A 10K

Whether you're a seasoned runner or preparing for your first 10K, this cross-training workout plan is perfect for you. Over the course of 8 weeks, you will be coached by Olympian runner Carrie Tollefson in a variety of runs, including interval, tempo, and at your own pace. Runs can be completed outdoors or on the treadmill. Mixed in are optional rest days and recommended Wellbeats classes including yoga, HIIT, and circuit training. So let's lace up those running shoes, it's time to get 10K-ready!

RECOMMENDED EQUIPMENT



Treadmill



Dumbbells



Resistance Band



Yoga Mat



Steps and Risers



Stability Ball

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Strides Tutorial, 5 min AND Out and Back, 30 min	Fusion Basic Fusion 20 min OR REST	Two and One Strides 20 min	Fusion HIIT Circuit Kinetics 30 min	Run in Death Valley 2 Strides 30 min OR REST	Run at Red Rocks NV, 30 min AND Extended Stretch, 12 min	Running Strong Sports Ready 20 min OR REST
WEEK 2	Short and Sweet Strides 25 min	Gentle Yoga Fusion 30 min OR REST	High Fiver Strides 20 min	Bodyweight Basic Kinetics 20 min	Run in Death Valley 1 Strides 30 min OR REST	Minnehaha Parkway Strides 35 min	Strength Builder Circuits 20 min OR REST
WEEK 3	Equal Amounts Strides 30 min	Yoga Basic Fusion 20 min OR REST	Up and Down the Ladder Strides 20 min	Amped Kinetics 20 min	Run in Death Valley 2 Strides 30 min OR REST	Lowry Nature Center Strides 50 min	Cardio & Strength Circuits 15 min OR REST
WEEK 4	Repeat 6 Minuters Strides 34 min	Yoga Stretch Fusion 20 min OR REST	Hills For Days Strides 30 min	Cardio Core Circuits 20 min	Run at Red Rocks NV Strides 30 min OR REST	Furnace Creek Strides 45 min	Running Strong Sports Ready 20 min OR REST
WEEK 5	3X3 Strides 30 min	Balance Mindset Fusion 35 min OR REST	One Minuters Strides 30 min	Total Body No Equipment Circuits 20 min	Minnehaha Parkway Strides 35 min OR REST	Cedar Lake Strides 50 min	Add-On Strong Definitions 20 min OR REST
WEEK 6	5, 4, 3, 2, 1 Strides 42 min	Heart Opener Fusion 20 min OR REST	30 Minute Tempo Strides 40 min	Bring It Tabata Kinetics 25 min	Minnehaha Parkway Strides 35 min OR REST	Botanical Tree Garden Strides 55 min	Head to Toe Definitions 30 min OR REST
WEEK 7	10 Minute Mini Tempos Strides 35 min	Yoga Basic Fusion 20 min OR REST	Three and Two Strides 30 min	Unstoppable Kinetics 20 min	Run in Death Valley 1 Strides 30 min OR REST	Hyland Lake Strides 60 min	Strength Builder Circuits 20 min OR REST
WEEK 8	One Minuters Strides 30 min	Yoga Stretch Fusion 20 min OR REST	Two and One Strides 20 min	REST	15 Minutes Plus Strides Strides 20 min	15 Minutes Plus Strides Strides 20 min	Race Day Give it your all!