

## AIMing to Complete Your First 10K—Beginner's Schedule (2016)

Note: $1 \mathrm{~km}=.62 \mathrm{mi} . ;$ time format: min:sec. $\quad$ Easy $=1 \mathrm{~km}$ in 6:30-7:10 • Moderate $=1 \mathrm{~km}$ in 5:20-6:20 • Intense $=1 \mathrm{~km}$ in 4:00-4:50

There are no intense workouts in this schedule; if the spirit moves you, push yourself a little but be careful to avoid injury. Example: 24 minutes E: j14, w10, means jog for total of 14 minutes, all at an easy pace and broken up with walks as you see fit, but the walking breaks shouldn't exceed a total
of 10 minutes. Stretch for 10 to 20 minutes after every workout! Resting is very important, so especially if you are over 40 years of age, be sure to honor your Rest days by doing, at a moderate pace, another activity that works you aerobically, such as bicycling, aerobic dancing, swimming, etc., or Resting.

## Set July ' 16 goals \& FOCUS to achieve them:

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 11 Jul Rest | 12 Jul <br> 20 minutes of any combo of jogging or walking that's comfortable | 13 Jul <br> Rest or 10 minutes walking | 14 Jul <br> 20 minutes of any combo of jogging or walking that's comfortable | $15 \text { Jul }$ <br> Rest | 16 Jul <br> 20 minutes of any combo of jogging or walking that's comfortable | 17 Jul <br> 20 minutes of any combo of jogging or walking that's comfortable |
| 2 | $\begin{aligned} & \mathbf{1 8} \mathbf{~ J u l} \\ & \text { Rest } \end{aligned}$ | $\|$19 Jul <br> 20 minutes of any combo <br> of jogging or walking that's <br> comfortable | 20 Jul <br> Rest or 10 minutes walking | 21 Jul <br> 20 minutes of any combo of jogging or walking that's comfortable | $\begin{aligned} & 22 \text { Jul } \\ & \text { Rest } \end{aligned}$ | 23 Jul22 minutes of any combo <br> of jogging or walking that's <br> comfortable | 24 Jul <br> 22 minutes of any combo of jogging or walking that's comfortable |
| 3 | $\begin{aligned} & \mathbf{2 5 ~ J u l} \\ & \text { Rest } \end{aligned}$ | 26 Jul 22 minutes more jogging than walking | 27 Jul <br> Rest or 15 minutes walking | 28 Jul 22 minutes more jogging than walking | $\begin{gathered} \text { 29 Jul } \\ \text { Rest } \end{gathered}$ | 30 Jul24minutes more jogging <br> than walking | 31 Jul24minutes more jogging <br> than walking |

Self assessment-July ' 16

Set August ' 16 goals \& FOCUS to achieve them:

| 4 | 1 Aug Rest | $\begin{gathered} \text { 2 Aug } \\ 24 \text { minutes E: j15, w9 } \\ \hline \end{gathered}$ | 3 Aug Rest | $\begin{gathered} 4 \text { Aug } \\ 24 \text { minutes E: } \mathrm{j} 15, \mathrm{w} 9 \\ \hline \end{gathered}$ | 5 Aug Rest | $\begin{gathered} \mathbf{6} \text { Aug } \\ 24 \text { minutes E: } \mathrm{j} 15, \mathrm{w} 9 \end{gathered}$ | $\begin{gathered} 7 \text { Aug } \\ 24 \text { minutes E: j14, w10 } \\ \hline \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 5 | 8 Aug Rest | $\begin{gathered} 94 \text { minutes E: j16, w8 } \\ 24 \end{gathered}$ | $10 \text { Aug }$ $\text { Rest }{ }^{\circ}$ | $\begin{gathered} 11 \text { Aug } \\ 24 \text { minutes E: j16, } 8 \\ \hline \end{gathered}$ | 12 Aug Rest | $\begin{gathered} 13 \text { Aug } \\ 26 \text { minutes E: j18, w8 } \end{gathered}$ | 14 Aug <br> 22 minutes E: j14, w8 |
| 6 | 15 Aug Rest | $\begin{gathered} 16 \text { Aug } \\ 26 \text { minutes E: j18, w8 } \\ \hline \end{gathered}$ | 17 Aug Rest | $\begin{gathered} 18 \text { Aug } \\ 26 \text { minutes } \mathrm{E}: \mathrm{j} 18, \mathrm{w} 8 \\ \hline \end{gathered}$ | 19 Aug Rest | $\begin{gathered} 26 \text { minutes E: jug } 20, \text { w6 } \\ \hline \end{gathered}$ | 21 Aug <br> 26 minutes E: j18, w8 |
| 7 | 22 Aug Rest | $\begin{gathered} \mathbf{2 3} \text { Aug } \\ 26 \text { minutes E: j20, w6 } \\ \hline \end{gathered}$ | 24 Aug Rest | $\begin{gathered} \mathbf{2 5} \text { Aug } \\ 26 \text { minutes E: } \mathrm{j} 20 \text {, w6 } \\ \hline \end{gathered}$ | 26 Aug Rest | $\begin{gathered} \mathbf{2 7} \text { Aug } \\ 30 \text { minutes E: j25, w5 } \end{gathered}$ | $\frac{\mathbf{2 8} \text { Aug }}{22 \text { minutes E: } \mathrm{j} 18 \text {, w4 }}$ |

Self assessment-August '16

## Set September ' 16 goals \& FOCUS to achieve them:

| 8 | 29 Aug Rest | $\begin{gathered} 30 \text { Aug } \\ 30 \text { minutes E: j25, w5 } \end{gathered}$ | 31 Aug Rest | $\begin{gathered} 1 \text { Sep } \\ 30 \text { minutes E: j25, w5 } \end{gathered}$ | $\begin{gathered} \text { 2 Sep } \\ \text { Rest } \end{gathered}$ | $\begin{gathered} \text { 3 Sep } \\ 35 \text { minutes E: j28, w7 } \end{gathered}$ | $\begin{aligned} & 4 \text { Sep } \\ & 30 \text { minutes E: j20, } 10 \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 9 | 5 Sep Rest | $\begin{aligned} & \text { 6 Sep } \\ & 40 \text { minutes E: } \mathrm{j} 30,10 \\ & \hline \end{aligned}$ | $7 \text { Sep }$ Rest | $\begin{gathered} \text { 8 Sep } \\ 40 \text { minutes E: j30, } 10 \end{gathered}$ | 9 Sep Rest | $\begin{gathered} 10 \text { Sep } \\ 40 \text { minutes E: j35, } 5 \end{gathered}$ | $\begin{gathered} 11 \text { Sep } \\ 40 \text { minutes E: } \mathrm{j} 30,10 \end{gathered}$ |
| 10 | $12 \text { Sep }$ Rest | $\begin{aligned} & 13 \text { Sep } \\ & 40 \text { minutes E: j35, } 5 \\ & \hline \end{aligned}$ | 14 Sep Rest | $\begin{gathered} 15 \text { Sep } \\ 40 \text { minutes E: j35, } 5 \end{gathered}$ | $\underset{\text { Rest }}{16 \text { Sep }}$ | $\begin{gathered} 17 \text { Sep } \\ 45 \text { minutes E: j39, } 6 \end{gathered}$ | $\begin{gathered} 18 \text { Sep } \\ 35 \text { minutes E: j30, w5 } \end{gathered}$ |
| 11 | $\underset{\text { Rest }}{19 \text { Sep }}$ | $\begin{gathered} \mathbf{2 0} \text { Sep } \\ 45 \text { minutes E: j39, } 6 \\ \hline \end{gathered}$ | $21 \text { Sep }$ Rest | $\begin{gathered} \text { 22 Sep } \\ 45 \text { minutes E: j39, } 6 \\ \hline \end{gathered}$ | $\underset{\text { Rest }}{23 \text { Sep }}$ | $\begin{gathered} \mathbf{2 4} \text { Sep } \\ 45 \text { minutes E: j40, } 5 \end{gathered}$ | $\begin{gathered} \mathbf{2 5} \text { Sep } \\ 40 \text { minutes E: } 330,10 \end{gathered}$ |
| 12 | $\underset{\text { Rest }}{26 \text { Sep }}$ | $\begin{gathered} 27 \text { Sep } \\ 40 \text { minutes E: j30, } 10 \end{gathered}$ | $28 \text { Sep }$ Rest | $\begin{aligned} & 29 \text { Sep } \\ & 50 \text { minutes E: } 440,10 \end{aligned}$ | $\underset{\text { Rest }}{30 \text { Sep }}$ | $\begin{gathered} 1 \text { Oct } \\ 50 \text { minutes E: j42, } 8 \end{gathered}$ | $\begin{gathered} \text { 2 Oct } \\ 40 \text { minutes E: j35, } 5 \end{gathered}$ |

Self assessment-September ' 16

Set October ' 16 goals \& FOCUS to achieve them:

| 13 | 3 Oct Rest | $\begin{aligned} & 4 \text { Oct } \\ & 60 \text { minutes } \mathrm{E}: ~ \mathrm{j} 42,18 \end{aligned}$ | 5 Oct Rest | $\begin{aligned} & \mathbf{6} \text { Oct } \\ & 60 \text { minutes E: } \mathrm{j} 42,18 \end{aligned}$ | 7 Oct Rest | $\begin{gathered} \mathbf{8} \text { Oct } \\ 60 \text { minutes E: } \mathrm{j} 48,12 \end{gathered}$ | $\begin{gathered} \text { 9 Oct } \\ 50 \text { minutes E: j42, } 8 \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 14 | 10 Oct Rest | $\begin{gathered} 11 \text { Oct } \\ 60 \text { minutes E: } \mathrm{j} 52,8 \end{gathered}$ | $12 \text { Oct }$ Rest | $\begin{gathered} 13 \text { Oct } \\ 60 \text { minutes E: } \mathrm{j} 52,8 \end{gathered}$ | 14 Oct Rest | $\begin{gathered} 15 \text { Oct } \\ 65 \text { minutes E: } \mathrm{j} 57,8 \end{gathered}$ | $\begin{gathered} 16 \text { Oct } \\ 55 \text { minutes E: } \mathrm{j} 42,8 \end{gathered}$ |
| 15 | 17 Oct Rest | $\begin{gathered} 18 \text { Oct } \\ 65 \text { minutes E: } 557,8 \end{gathered}$ | 19 Oct Rest | $\begin{gathered} 20 \text { Oct } \\ 65 \text { minutes E: j55, } 10 \end{gathered}$ | 21 Oct Rest | 22 Oct 35 minutes E: j35 | 23 Oct 35 minutes E: j35 |
| 16 | $24 \text { Oct }$ Rest | $\begin{gathered} 25 \text { Oct } \\ 25 \text { minutes E: jog } 25 \end{gathered}$ | $26 \text { Oct }$ Rest | 27 Oct <br> 25 minutes E: jog 25 | $\begin{gathered} \mathbf{2 8} \text { Oct } \\ \text { Rest } \end{gathered}$ | 29 Oct Rest | $\begin{gathered} 30 \text { Oct } \\ \text { AIM DAY 10K } \end{gathered}$ |

## Self assessment-October ' 16

