

OLE BROOK | 20 RUN SERIES | 20

 Defining Moment Events LLC

10 Week 5K to 10K Training Plan

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|----------------|--------------|-------|--------------|-------|-------|-------------------|-------|
| Week 1 | 3 mile run | Rest | 3.5 mile run | Rest | Rest | 4 mile run | Rest |
| Week 2 | 3.5 mile run | Rest | 3.5 mile run | Rest | Rest | 4 mile run | Rest |
| Week 3 | 4 mile run | Rest | 4 mile run | Rest | Rest | 4.5 mile run | Rest |
| Week 4 | 4 mile run | Rest | 4 mile run | Rest | Rest | 4.5 mile run | Rest |
| Week 5 | 3 mile run | Rest | 3 mile run | Rest | Rest | 3 mile run | Rest |
| Week 6 | 4 mile run | Rest | 4 mile run | Rest | Rest | 5 mile run | Rest |
| Week 7 | 4 mile run | Rest | 4 mile run | Rest | Rest | 5 mile run | Rest |
| Week 8 | 5 mile run | Rest | 5 mile run | Rest | Rest | 5.5 mile run | Rest |
| Week 9 | 5 mile run | Rest | 5 mile run | Rest | Rest | 6 mile run | Rest |
| Week 10 | 4 mile run | Rest | 4 mile run | Rest | Rest | RACE DAY!! | Rest |

Running is a potentially hazardous activity that could result in injury or death. You should be in good physical condition and be able to participate in the above training program prior to beginning. Whistle Stop Challenge is owned by Defining Moment Event LLC. Defining Moment Events LLC strongly recommends that you consult with your physician before beginning any exercise program. Defining Moment Events LLC is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Defining Moment Events LLC from any and all claims or injury as a result of any activity related to this training program.