

MISS WHEEZY

 ASTHMATIC FITNESS ENTHUSIAST 

Beginner 10k Training Plan - 2 runs per week

WEEK	Run 1	Crosstraining 1	Run 2	Crosstraining 2	TOTAL
1	3km	Swim/cycle/class	5km	Yoga	8km
2	3km	Swim/cycle/class	6km	Yoga	9km
3	3.5km	Swim/cycle/class	7km	Yoga	10.5km
4	4km	Swim/cycle/class	8km	Yoga	12km
5	4km	Swim/cycle/class	9km	Yoga	13km
6	3km	Swim/cycle/class	5km	Yoga	8km
7	3km	Swim/cycle/class	10km RACE!	Yoga	13km