



**MINNEAPOLIS, MN**  
**AUGUST 19, 2023**

# 10M 8 Week Training Plan

**Date Started:** \_\_\_\_\_ **Goal:** \_\_\_\_\_

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>1</b>	Strength Upper Body	2 miles	Strength Lower Body	2 miles	Cross Train	3 miles	Rest
<b>2</b>	Strength Upper Body	2 miles	Strength Lower Body	2 miles	Cross Train	4 miles	Rest
<b>3</b>	Strength Upper Body	2 miles	Strength Lower Body	3 miles	Cross Train	5 miles	Rest
<b>4</b>	Strength Upper Body	3 miles	Strength Lower Body	4 miles	Cross Train	6 miles	Rest
<b>5</b>	Strength Upper Body	3 miles	Strength Lower Body	5 miles	Cross Train	7 miles	Rest
<b>6</b>	Strength Upper Body	4 miles	Strength Lower Body	5 miles	Cross Train	8 miles	Rest
<b>7</b>	Strength Upper Body	4 miles	Strength Lower Body	4 miles	Cross Train	5 miles	Rest
<b>8</b>	Strength Upper Body	4 miles	Strength Lower Body	4 miles	Rest	Race Day	Rest



Register here



← Training tips from Coach Jaci →

[www.rbcraceforthekidsmn.com](http://www.rbcraceforthekidsmn.com)