




8 Weeks to YOUR 10K Finish!

	 RADIO Fargo-Moorhead Sunday	Mojo 104.7 Monday	KFGO The Mighty 790AM Tuesday	Y.94 #1 Hit Music Wednesday	BOB 95FM New Country Thursday	the FAN 740am Friday	ROCK 102 Saturday
Week	 Oven Roasted Chicken	 Turkey Breast & Ham	 Spicy Italian	 Turkey Breast	 Italian B.M.T.®	 Tuna	 Roast Beef
1 March 28	30 minute walk	2.5 mile run	30 minute cross training*	2 mile run	Rest	40 minute cross training*	3 mile run
2 April 4	30 minute walk	2.5 mile run	30 minute cross training*	2 mile run	Rest	40 minute cross training*	3.5 mile run
3 April 11	30 minute walk	2.5 mile run	30 minute cross training*	2 mile run	Rest	40 minute cross training*	4 mile run
4 April 18	30 minute walk	2.5 mile run	30 minute cross training*	2 mile run	Rest	40 minute cross training*	4 mile run
5 April 25	30 minute walk	2.5 mile run	30 minute cross training*	2 mile run	Rest	40 minute cross training*	4.5 mile run
6 May 2	30 minute walk	2.5 mile run	30 minute cross training*	2 mile run	Rest	40 minute cross training*	5 mile run
7 May 9	30 minute walk	2.5 mile run	30 minute cross training*	2 mile run	Rest	40 minute cross training*	5.5 mile run
8 May 16	30 minute walk	2.5 mile run	30 minute cross training*	2 mile run	Rest	40 minute cross training*	10K Race 

*Cross Training = Swim, Bike, Elliptical Machine.
Anything to keep you moving, however giving your legs a rest from running.