



TRI-STATE RUNNING COMPANY

THANKSGIVING DAY 10K TRAINING

Week number	Week Beginning	Edgewood-rest Monday	Edgewood-run Tuesday	Edgewood - rest Wednesday	Edgewood-run Thursday	Friday	Saturday	Sunday
1	10-Sep						3 miles	rest
2	17-Sep	on your own 24 minutes	group run 24 minutes	group run 24 minutes	on your own 24 minutes	rest	4 miles	rest
3	24-Sep	on your own 28 minutes	group run 28 minutes	group run 28 minutes	on your own 28 minutes	rest	4 miles	rest
4	1-Oct	on your own 30 minutes	group run 30 minutes	group run 30 minutes	on your own 30 minutes	rest	5 miles	rest
5	8-Oct	on your own 35 minutes	group run 35 minutes	group run 35 minutes	on your own 35 minutes	rest	5 miles	rest
6	15-Oct	on your own 38 minutes	group run 38 minutes	group run 38 minutes	on your own 38 minutes	rest	6 miles	rest
7	22-Oct	on your own 42 minutes	group run 42 minutes	group run 42 minutes	on your own 42 minutes	rest	6 miles	rest
8	29-Oct	on your own 44 minutes	group run 44 minutes	group run 44 minutes	on your own 44 minutes	rest	7 miles	rest
9	5-Nov	on your own 48 minutes	group run 48 minutes	group run 48 minutes	on your own 48 minutes	rest	 Turkeyfoot Trot 5K	rest
10	12-Nov	on your own 52 minutes	group run 52 minutes	group run 52 minutes	on your own 52 minutes	rest	5 miles - Run from Paul Brown Stadium	rest
11	19-Nov	REST	on your own 20 minutes	REST	 10K THANKSGIVING DAY RACE			