



Welcome to the Boise Betties 10k training plan. We'll take you from the 5K up to the 10K distance! Go ahead, print this out and put it somewhere you will see it frequently. Use the space provided to make notes of the run or give yourself a gold star sticker when you complete the workout. These gold stars are great at reminding us of the work we do, rather than dwelling on the day you miss or the run that didn't go so well. Tough days happen, but overall, with a little commitment, you can and will make it to your goal on July 16!

Personal Day is a choose your own adventure day. You can take a day off, do some yoga or work in crosstraining like HIIT, spin or elliptical.

June 18 is The Color Run- a fun 2mile fun run in Meridian, complete with blasts of color that will leave you looking tie-dyed. Sign up now to keep yourself on track with your goals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
May 16	May 17	May 18	May 19	May 20	May 21	May 22
3 mile run	personal day	3m run	cross train	off	long run - 4m	cross train
plan 3 miles	plan mins	plan 3 miles	plan mins	plan miles	plan 4 miles	plan mins
May 23	May 24	May 25	May 26	May 27	May 28	May 29
3 mile run	personal day	3m run	cross train	off	Long run 5 m	cross train
plan 3 miles	plan mins	plan 3 miles	plan mins	plan miles	plan 5 miles	plan mins
May 30	May 31	June 1	June 2	June 3	June 4	June 5
3 mile run	personal day	4m run	cross train	off	long run - 6m	cross train
plan 3 miles	plan mins	plan 4 miles	plan mins	plan miles	plan 5 miles	plan mins
June 6	June 7	June 8	June 9	June 10	June 11	June 12
3 mile run	personal day	4m run	cross train	off	long run - 6m	cross train
plan 3 miles	plan mins	plan 4 miles	plan mins	plan miles	plan 6 miles	plan mins
June 13	June 14	June 15	June 16	June 17	June 18	June 19
3 mile run	personal day	4m run	cross train	off	Practice race day! 1 mile warm up, 2mile Color Run, 1 mile cool down	cross train
plan 3 miles	plan mins	plan 4 miles	plan mins	plan miles	plan 6 miles	plan mins



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

June 20	June 21	June 22	June 23	June 24	June 25	June 26
3 mile run	personal day	5m run	cross train	off	long run - 7m	cross train
plan 3 miles	plan mins	plan 5 miles	plan mins	plan miles	plan 7 miles	plan mins
June 27	June 28	June 29	June 30	July 1	July 2	July 3
3 mile run	personal day	5m run	cross train	off	5k race or 3m race pace effort	cross train
plan 3 miles	plan mins	plan 5 miles	plan mins	plan miles	plan 4 miles	plan mins
July 4	July 5	July 6	July 7	July 8	July 9	July 10
3 mile run	personal day	5m run	cross train	off	Long run- 5m	cross train
plan 3 miles	plan mins	plan 5 miles	plan mins	plan miles	plan 5 miles	plan mins
July 11	July 12	July 13	July 14	July 15	July 16	July 17
3 mile run	personal day	2m run	rest	off	Boise Women's Classic- go out and have some fun! You've got this!	what's your next race? Sign up today!
plan 3 miles	plan mins	plan 2 miles	plan miles	plan miles	plan 7 miles	plan mins

Way to go GOALCRUSHER! You are half way there and getting stronger by the day! Keep up the good work and believe in yourself. The goal is in sight!

As you head into this week, think of all that you have accomplished!