

# Champion of Trees

## Couch to 10K



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Rest	3 Miles Easy Pace	30 Minute Cross Train	4 Miles Easy Pace	Rest	45 Minute Cross Train	5 Miles Easy Pace
WEEK 2	Rest	4 Miles Easy Pace	30 Minute Cross Train	4.5 Miles Easy Pace	Rest	60 Minute Cross Train	6 Miles Easy Pace
WEEK 3	Rest	4 Miles Easy Pace	30 Minute Cross Train	5.5 Miles Easy Pace	Rest	60 Minute Cross Train	7 Miles Easy Pace
WEEK 4	Rest	3 Miles Easy Pace	30 Minute Cross Train	4-5 Miles Easy Pace	Rest	Rest	Champion of Trees 10K