



2019 Suffolk County 10k Novice Training Program



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross Train	2 Miles	Cross Train	2 Miles	Off	Cross Train	3 Miles
2	Cross Train or Off	2 Miles	Cross Train	2-3 Miles	Off	Cross Train	3-4 Miles
3	Cross Train	2-3 Miles	2 Miles or Cross Train	3 Miles	Off	Cross Train	4 Miles
4	Cross Train or Off	3 Miles	2 Miles or Cross Train	3 Miles	Off	Cross Train	3 Miles
5	Cross Train	3 Miles	3 Miles or Cross Train	3-4 Miles	Off	Cross Train	5 Miles
6	Cross Train or Off	3-4 Miles	3 Miles	4 Miles	Off	Cross Train	4 Miles
7	Cross Train	3-4 Miles	3 Miles at Goal 10k Pace	4-5 Miles	Off	Cross Train or Off	6 Miles
8	Cross Train or Off	3 Miles	4 Miles	5 Miles	Off	Cross Train	4 Miles
9	Off	3 Miles	3 Miles at Goal 10k Pace	Cross Train or Off	3 Miles	Off	Suffolk County 10 K

Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.

For more information-www.sayvillerrunning.com/pages/training

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