

WORKOUT PACE (✓/MIN): _____ AYF**: _____ PACE MIN.: _____		BLOOD PRESSURE: _____ HEART RATE: (RESTING= _____ ; WORKING= _____) FOOD BALANCE (PROTEINS/LOW SUGAR): _____ BMI: _____ WGT.: _____								
7	GOAL:	GOAL:	GOAL:	GOAL:	GOAL:	GOAL:	GOAL:	GOAL:	GOAL:	GOAL:
	ACTUAL:	ACTUAL:	ACTUAL:	ACTUAL:	ACTUAL:	ACTUAL:	ACTUAL:	ACTUAL:	ACTUAL:	ACTUAL:
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SUGGESTED WORKOUT FOR 10K RUNNERS

Again, and this cannot be stressed enough, clear all workouts with your doctor prior to beginning.

Below is a **SUGGESTED** exercise by time and pace by weight. This should be shared with your physician. It is designed to help you calculate the calories in judging how many you must burn to lose weight.

Remember, this this program is designed for building a stronger heart, and if weight loss is a benefit or result, that is wonderful!

Exercise (1 hour)	130 lb	155 lb	180 lb	205 lb
Running, 5 mph (12 minute mile)	472	563	654	745
Running, 5.2 mph (11.5 minute mile)	531	633	735	838
Running, 6 mph (10 min mile)	590	704	817	931
Running, 6.7 mph (9 min mile)	649	774	899	1024
Running, 7 mph (8.5 min mile)	679	809	940	1070
Running, 7.5mph (8 min mile)	738	880	1022	1163
Running, 8 mph (7.5 min mile)	797	950	1103	1256
Running, 8.6 mph (7 min mile)	826	985	1144	1303
Running, 9 mph (6.5 min mile)	885	1056	1226	1396
Running, 10 mph (6 min mile)	944	1126	1308	1489

Please note that there are several activities that you can do such as hunting, fishing, swimming, diving and any outdoor activity that brings you joy, that can be substituted to expend the calories. This is not about racing others, ***this is about building your own strength.***

Running, 10.9 mph (5.5 min mile)	1062	1267	1471	1675
Running, cross country	531	633	735	838
Running, general	472	563	654	745

The SUGGESTED program below is for beginners and allows some running and walking.
As stated earlier *As You Feel (AYF)* is the credo of **PUSH YOUR LIMIT with a sense of**

WEEKLY Workout Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	40 min cross	3 m run
2	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	40 min cross	3.5 m run
3	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	50 min cross	4 m run
4	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	50 min cross	4 m run
5	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	60 min cross	4.5 m run
6	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	60 min cross	5 m run
7	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	60 min cross	5.5 m run
8	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	60 min cross	6 m run
9	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	10-K Race

Remember
AS YOU FEEL
AYF ...

Have fun -- feel good
EAT WELL!



