

Get Ready to Run 10K Training Program

**Are you planning to participate in a 10K Run?
Will this be your first 10K or do you want to compete for placement?
Beginner or advanced a good training plan is the best way to reach your 10K goals.
Make plans to train with Ayse and get the results you want.**

10K Training Schedule

Day: Tuesdays

Check Fitness Calendar for Dates

Time: 5:00 pm - 6:00 pm

Location: Training Center

7701 E. Parham Road

Henrico, VA 23273

Training Plan

15 - 20 minutes speed or pace
training on the treadmill

40 - 45 minutes endurance
training at the Training Center



Human Resources
Department

Fitness/Wellness
Division

If you have additional
questions e-mail Ayse@
maz02@co.henrico.va.us
or call 501-7502.

Incident Weather Plan

15-20 minutes speed or pace training on the treadmill
40-45 minutes strength training