

								
Week of	MON	TUE	WED	THUR	FRI	SAT	SUN	Mileage
7-Jan	OFF or CROSSTRAIN	2 miles easy	2 miles easy	OFF or CROSSTRAIN	3 miles easy	3 miles easy	3 miles easy	13
14-Jan	OFF or CROSSTRAIN	3 miles easy	3 miles easy	OFF or CROSSTRAIN	3 miles easy	4 miles easy	3 miles easy	16
21-Jan	OFF or CROSSTRAIN	4 miles easy	3 miles easy	OFF or CROSSTRAIN	4 miles easy	5 miles easy	3 miles easy	19
28-Jan	OFF or CROSSTRAIN	4 miles easy	4 miles easy	OFF or CROSSTRAIN	4 miles easy	5 miles easy	4 miles easy	21
4-Feb	OFF or CROSSTRAIN	5 miles easy	4 miles easy	OFF or CROSSTRAIN	4 miles easy	6 miles easy	4 miles easy	23
11-Feb	OFF or CROSSTRAIN	5 miles easy	5 miles easy	OFF or CROSSTRAIN	4 miles easy	7 miles easy	4 miles easy	25
18-Feb	OFF or CROSSTRAIN	5 miles easy	5 miles easy	OFF or CROSSTRAIN	4 miles easy	8 miles easy	4 miles easy	26
25-Feb	OFF or CROSSTRAIN	5 miles easy	4 miles easy	OFF or CROSSTRAIN	3 miles easy	Wine 10k		18.2

**BHM**



WINE  
**10K**

**BIRMINGHAM WINE 10K**

brought to you by  **lululemon**

**Wine 10K Training Plan - Beginner**  
 provided by lululemon run ambassador  
 and Cadence Run Coaching head coach,  
**Cary Morgan**