

# THE 8-WEEK ROUTINE

## 10K Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 30 minutes	3K-run	30 minutes cross-training	4K-run	30 minutes cross-training	Rest	5K-run
2	Walk 30 minutes	3K-run	30 minutes cross-training	4K-run	30 minutes cross-training	Rest	5.5K-run
3	Walk 30 minutes	3K-run	30 minutes cross-training	4K-run	30 minutes cross-training	Rest	6K-run
4	Walk 45 minutes	3K-run	30 minutes cross-training	5K-run	45 minutes cross-training	Rest	6.5K-run
5	Walk 45 minutes	3K-run	45 minutes cross-training	5K-run	45 minutes cross-training	Rest	7K-run
6	Walk 45 minutes	3K-run	45 minutes cross-training	5K-run	60 minutes cross-training	Rest	8K-run
7	Walk 60 minutes	3K-run	45 minutes cross-training	5K-run	60 minutes cross-training	Rest	9K-run
8	Walk 60 minutes	3K-run	30 minutes cross-training	5K-run	Rest	Rest	10K-run

Consult your physician prior to beginning any exercise regimen. This plan is just a guide, it can be flexible to your personal schedule.



# YOUR TRAINING PLAN EXPLAINED

## **Mondays – Walking**

Walk before you run. Quite literally! It may seem basic, but fundamentals are key to an effective training program. Plus, Mondays are hard enough, right? So go ahead and ease into the week with a brisk, mindful walk.

## **Tuesdays, Thursdays, & Saturdays – Running**

Now, let's be real: your "running" in week one will look different from your "running" in week eight, and that's okay! Listen to your body and ease into what feels right. Combine walking and running as needed and start building up your stamina with each session.

## **Wednesdays & Fridays – Cross-Training**

Switch it up! Incorporating cross-training helps protect you from injury and build supporting muscles that will improve your form. To build strength and endurance, try yoga, swimming, cycling, weight-training, or even walking.

## **Saturdays – Rest**

Take a break. Not just because you've earned it, but because your body needs it to heal and recover.

## **Sundays – Long Run**

Weekends are a great chance to get your longer runs in and work up to your 10K. And hey, if Sundays don't work, always feel free to swap your long run to Saturdays and your rest day to Sundays! Go slow, steady, and don't be afraid to take walking breaks if it helps you hit the longer distances. You got this!

Consult your physician prior to beginning any exercise regimen. This plan is just a guide, it can be flexible to your personal schedule.



# KEEP IT MOVING

## Tips to help you on your way to 10K

- Follow a **balanced diet** and maintain **good hydration**.
- Consider **natural health products** to support long-term joint health by improving joint lubrication, reducing pain and inflammation, and protecting against cartilage deterioration.\*
- Seek **professional advice** if your joints become painful or swollen or if you suspect an injury.

\* We've included a product chart in this guide to help you select which supplement may be right for you.



# Products



Products	Glucosamine Sulfate	NEM®	OsteoJoint Ease with InflammEase and Glucosamine, Chondroitin, MSM	MSM
	Glucosamine Chondroitin	Glucosamine NEM®		Turmeric Curcumin
	Glucosamine Chondroitin MSM	Collagen Turmeric		
Suitable for	Maintain and Protect	Acute Relief	Chronic Pain	Recovery
	<ul style="list-style-type: none"> <li>Maintaining healthy joints</li> <li>Relieving osteoarthritic joint pain</li> <li>Physically active adults who run, hike, cycle, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Fast relief from joint pain, discomfort, swelling and stiffness</li> <li>Improved range of motion associated with osteoarthritis of the knee</li> </ul>	<ul style="list-style-type: none"> <li>Advanced joint comfort and care</li> <li>Adults looking for natural ingredients to help reduce joint inflammation</li> <li>Adults with osteoarthritic joint pain</li> </ul>	<ul style="list-style-type: none"> <li>Relieving pain from inflamed and osteoarthritic joints</li> <li>Post-workout supplement regimen</li> <li>Vegetarians and vegans</li> </ul>
Actions	<ul style="list-style-type: none"> <li>Maintains healthy cartilage and joint health</li> <li>Protects against cartilage deterioration</li> <li>Improves mobility, joint flexibility and lubrication</li> </ul>	<ul style="list-style-type: none"> <li>Clinically researched to help reduce joint pain within 7-10 days</li> <li>Reduces joint pain and stiffness associated with aerobic activity and osteoarthritis</li> <li>Increases joint flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Used in Herbal Medicine as an anti-inflammatory to help relieve joint pain</li> <li>Maintains healthy cartilage and joint health</li> <li>Protects against cartilage deterioration</li> </ul>	<ul style="list-style-type: none"> <li>Helps to support joint health and relieve joint pain associated with osteoarthritis</li> <li>Turmeric is used in herbal medicine as an anti-inflammatory for joint pain</li> </ul>



Disclaimer: This information is provided for educational purposes only and is not intended for self-treatment of a condition that should be intereroted by a qualified health care provider. While the information in this document has been carefully reviewed, it is subject to change.





# THANK YOU

## and Happy Training!

We hope this guide has helped you understand how a holistic approach to strength, fitness, rest and supplementation can help with your overall joint performance and health.

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Take care of your joints  
with the **Nº 1 Joint Care**  
brand in Canada!

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