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To Train For Your First Race Or Improve Your Fastest  
Time By Brett Stewart**

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Aug 30, 2012 I just had an injury that benched me for a week now and can only run again sometime later this week. I've been trying to work out a plan to start again.

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\*For an updated version of this post click [HERE](#). Have you been thinking about running a 10k for the first time, or are you an experienced runner looking to improve

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May 12, 2010 July 9th is a 5 mile twilight (night) run. So, I thought that a 10k training schedule would do the

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