

10K TRAINING PLAN

This plan is designed for an Intermediate runner for a 10K. An Intermediate runner would be described as a person who has run a 5K before or is able to run 2-3 miles currently.

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL MILEAGE
1	Rest/XT	3 Miles	3 Miles	XT 10-20 minutes	2 Miles	Rest/XT	3.5 Miles	11.5 Miles
2	Rest/XT	3 Miles	3 Miles	XT 10-20 minutes	2 Miles	Rest/XT	3.5 Miles	11.5 Miles
3	Rest/XT	3.5 Miles	3 Miles	XT 20-30 minutes	2 Miles	Rest/XT	4 Miles	13 Miles
4	Rest/XT	3.5 Miles	3 Miles	XT 20-30 minutes	3 Miles	Rest/XT	4 Miles	14 Miles
5	Rest/XT	4 Miles	3 Miles	XT 20-30 minutes	3 Miles	Rest/XT	4.5 Miles	15.5 Miles
6	Rest/XT	4 Miles	4 Miles	XT 20-30 minutes	3 Miles	Rest/XT	5 Miles	16 Miles
7	Rest/XT	4 Miles	4 Miles	XT 30-40 minutes	3 Miles	Rest/XT	6 Miles	17 Miles
8	Rest/XT	5 Miles	4 Miles	XT 30-40 minutes	3 Miles	Rest/XT	7 Miles	19 Miles
9	Rest/XT	3 Miles	3 Miles	XT 30-40 minutes	3 Miles	Rest/XT	4 Miles	13 Miles
10	Rest/XT	3 Miles	2 Miles	XT 20-30 minutes	Rest	Rest	RACE	Celebrate

Training key:

Easy/Long Runs = work at a pace that allows you to hold a conversation

Cross Train(XT) = choose a different type of aerobic exercise. It is recommended that you cross train for 10 minutes per mile prescribed.

Example: run 3 miles = XT for 30 minutes