



TRAINING PLANS

8-Week 10K Training Schedule

This 8-week plan will get first-time 10K runners ready for 6.2 miles on race day with flexible days of running, rest, and cross-training per week.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Run 1.5 miles	Cross-train or rest	Run 1.5 miles	Rest	Run 2 miles	Run 25 – 30 min. easy or cross-train
2	Rest	Run 2 miles	Cross-train or rest	Run 2 miles	Rest	Run 2.5 miles	Run 25 – 30 min. easy or cross-train
3	Rest	Run 2.5 miles	Cross-train or rest	Run 2 miles	Rest	Run 3.5 miles	Run 30 – 35 min. easy or cross-train
4	Rest	Run 2.5 miles	Cross-train or rest	Run 2 miles	Rest	Run 3.5 miles	Run 35 min. easy or cross-train
5	Rest	Run 3 miles	Cross-train or rest	Run 2.5 miles	Rest	Run 4 miles	Run 35 – 40 min. easy or cross-train
6	Rest	Run 3 miles	Cross-train	Run 2.5 miles	Rest	Run 4.5 miles	Run 35 – 40 min. easy or cross-train
7	Rest	Run 3.5 miles	Cross-train	Run 3 miles	Rest	Run 5 miles	Run 40 min. easy or cross-train
8	Rest	Run 3 miles	Cross-train or rest	Run 2 miles	Rest	Rest	Race Day!