

10K Training Guide



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	40 Min Long Run	20 Min Easy	Rest	20 Min Easy	Rest	Cross Train	Rest
2	45 Min Long Run	20 Min Easy	Rest	5–10 Min Easy Warm-Up, 4 x 3 Min Up-Tempo, 1 Min Easy, 5–10 Min Easy Cool-Down	Rest	20 Min Easy	Rest
3	60 Min Long Run	20 Min Easy	Rest	5–10 Min Easy Warm-Up, 8 x 1 Min Up-Tempo, 1 Min Easy, 5–10 Min Easy Cool-Down	Rest	30 Min Easy	Rest
4	60 Min Long Run	30 Min Easy	Rest	5–10 Min Easy Warm-Up, 3 x 5 Min Up-Tempo, 1 Min Easy, 5–10 Min Easy Cool-Down	Rest	40 Min Easy	Rest
5	70 Min Long Run	30 Min Easy	Rest	5–10 Min Easy Warm-Up, 15 Min Steady, 5–10 Min Easy Cool-Down	Rest	40 Min Easy	Rest
6	10km Run/Race	30 Min Easy	Rest	30 Min Progressive Run (10 Min Easy, 10 Min Steady, 10 Min Faster), 5 Min Easy Cool-Down	Rest	20 Min Easy	Rest