



# 10K TRAINING PLAN

Day / Week	Monday - easy run	Tuesday	Wednesday - intense run	Thursday - rest	Friday	Saturday - long run	Sunday - rest
WEEK 1	2.5 miles run	Workout	2 miles run	Rest	Workout	3 miles run	Rest
WEEK 2	2.5 miles run	Workout	2 miles run	Rest	Workout	3.5 miles run	Rest
WEEK 3	2.5 miles run	Workout	2 miles run	Rest	Workout	4 miles run	Rest
WEEK 4	3 miles run	Workout	2 miles run	Rest	Workout	4 miles run	Rest
WEEK 5	3 miles run	Workout	2 miles run	Rest	Workout	4.5 miles run	Rest
WEEK 6	3 miles run	Workout	2 miles run	Rest	Workout	5 miles run	Rest
WEEK 7	3 miles run	Workout	2 miles run	Rest	Workout	5.5 miles run	Rest
WEEK 8	3 miles run	Workout	2 miles run	Rest	Workout	Rest	10K Run