

10K Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	PT / Strength Focused Lift	30 min or OFF	6-10 x 400m @ Half marathon-10K pace w/ 400m jog recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	60 - 75 min	30 min or OFF
2	PT / Strength Focused Lift	30 min or OFF	4-6 x 800m @ HM w/ 2 min jog recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	60 - 75 min	30 min or OFF
3	PT / Strength Focused Lift	30 min or OFF	3-5 x 1 mile @ HM w/ 1 min walk recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	60 - 75 min	30 min or OFF
4	PT / Strength Focused Lift	30 min or OFF	45 - 60 min run	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	5 mile run + 4 x 1 mile @ HM w/ 1:30 jog recovery	30 min or OFF
5	PT / Strength Focused Lift	30-40 min or OFF	10 - 12 x 45 sec hill w/ jog down recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	3 x 10 min @ HM/HM/10K w/ 2min jog recovery	30 - 40 min or OFF
6	PT / Strength Focused Lift	30-40 min or OFF	25-35 min Continuous @ HM	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	5 - 8 x 1000m @ HM - 5K w/ 400m jog	30 - 40 min or OFF
7	PT / Strength Focused Lift	30-40 min or OFF	60 - 70 min run	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	5K @ 10K, 5 min jog recovery, 4 x 400m @ 10K - 5K w/ 400m jog recovery	30 - 45 min or OFF
8	PT / Strength Focused Lift	30-45 min or OFF	2 x 800m @ 10K, 4 x 400/200m @ 5K/Mile w/ 2 min jog recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	10K	30 min or OFF