



10K Training Guide

Training Guide for 8 weeks

Week One

Monday:	20 minute walk
Tuesday:	25 minute walk
Wednesday:	30- 45 strength training or cross train
Thursday:	Rest
Friday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Saturday:	30- 45 strength training or cross train
Sunday:	Rest

Week Two

Monday:	25 minute walk
Tuesday:	30 minute walk
Wednesday:	30- 45 strength training or cross train
Thursday:	Rest
Friday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.



Saturday: 30- 45 strength training or cross train

Sunday: Rest

Week Three

Monday: 30 minute walk

Tuesday: 42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.

Wednesday: 30- 45 strength training or cross train

Thursday: Rest

Friday: 48 minutes - Run 5 mins/walk 1 min. Repeat 7 times.

Saturday: 30- 45 strength training or cross train

Sunday: Rest

Week Four

Monday: 45 minute walk

Tuesday: 42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.

Wednesday: 30- 45 strength training or cross train

Thursday: Rest

Friday: 49 minutes - Run 5 mins/walk 1 min. Repeat 7 times.

Saturday: 30- 45 strength training or cross train

Sunday: Rest



Week Five

Monday:	45 minute walk
Tuesday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Wednesday:	30- 45 strength training or cross train
Thursday:	Rest
Friday:	49 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Saturday:	30- 45 strength training or cross train
Sunday:	Rest

Week Six

Monday:	45 minute walk
Tuesday:	42 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Wednesday:	30- 45 strength training or cross train
Thursday:	Rest
Friday:	49 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Saturday:	30- 45 strength training or cross train
Sunday:	Rest



Week Seven

Monday:	45 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Tuesday:	45 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Wednesday:	30- 45 strength training or cross train
Thursday:	Rest
Friday:	60 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Saturday:	30- 45 strength training or cross train
Sunday:	Rest

Week Eight

Monday:	45 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Tuesday:	Rest
Wednesday:	30 minute walk - Run 5 mins/walk 1 min. Repeat 7 times.
Thursday:	Rest
Friday:	30 minutes - Run 5 mins/walk 1 min. Repeat 7 times.
Saturday:	Rest
Sunday:	RACE