



BEGINNER 10K TRAINING PLAN

	SUNDAY	MONDAY EASY DAY	TUESDAY	WEDNESDAY WOKROUT DAY	THURSDAY	FRIDAY	SATURDAY LONG RUN DAY	WEEKLY TOTAL TOTAL MILES
WEEK 1	REST	1-2 MILES	CROSS TRAIN	1-2 MILES	CROSS TRAIN	REST	2 MILES	4-6 MILES
WEEK 2	REST	2 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	REST	2 MILES	6 MILES
WEEK 3	REST	2 MILES	CROSS TRAIN	2.5 MILES	CROSS TRAIN	REST	3 MILES	7.5 MILES
WEEK 4	REST	2.5 MILES	CROSS TRAIN	3 MILES	CROSS TRAIN	REST	3.5 MILES	9 MILES
WEEK 5 down week	REST	1-2 MILES	CROSS TRAIN	1-2 MILES	CROSS TRAIN	REST	2 MILES	4-6 MILES
WEEK 6	REST	3 MILES	CROSS TRAIN	3 MILES	CROSS TRAIN	REST	4 MILES	10 MILES
WEEK 7	REST	3 MILES	CROSS TRAIN	3.5 MILES	CROSS TRAIN	REST	4.5 MILES	11 MILES
WEEK 8 down week	REST	2 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	REST	2 MILES	6 MILES
WEEK 9	REST	3.5 MILES	CROSS TRAIN	4 MILES	CROSS TRAIN	REST	5 MILES	12.5 MILES
WEEK 10	REST	4 MILES	CROSS TRAIN	4.5 MILES	CROSS TRAIN	REST	5 MILES	13.5 MILES
WEEK 11 taper begins	REST	2 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	REST	2.5 MILES	6.5 MILES
WEEK 12 taper	REST	2 MILES	CROSS TRAIN	1.5 MILES	CROSS TRAIN	REST	RACE 10K	10.2 MILES



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CROSS-TRAINING

This is a day to minimize impact on your body. Good options are cycling, elliptical, swimming, hiking or even a power walk.

LONG RUN

This is a day to minimize impact on your body. Good options are cycling, elliptical, swimming, hiking or even a power walk.