

“Complete” 10k Training Plan

A program for your first 10k

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1							June 1 Rest
	June 2 20 Min Walk	June 3 Rest	June 4 Cross train YOGA C	June 5 Rest	June 6 20 Min Walk	June 7 1 Mile A Walk/Run	June 8 Rest
2	June 9 20 Min Walk	June 10 Rest	June 11 Cross train STRENGTH A	June 12 Rest	June 13 20 Min Walk	June 14 2 Mile B Walk/Run	June 15 Rest
	June 16 30 Min Walk	June 17 Rest	June 18 Cross train STRENGTH B	June 19 20 Min C Walk/Run	June 20 Cross train YOGA B	June 21 3 mile Easy Run	June 22 Rest
3	June 23 30 Min Walk	June 24 Rest	June 25 Cross train STRENGTH A	June 26 15 Min Easy Run	June 27 20 Min Walk	June 28 4 Miles L	June 29 30-60 min walk



E - Easy Pace/Recovery Walk

An easy pace is conversational, comfortable and easily maintained. 30-60 seconds/miles slower than race pace. Walks are for recovery.

- A - 1 min on 1 min off
- B - 2 min on 1 min off
- C - 3 min on 1 min off
- D - 4 min on 1 min off
- E - 5 min on 1 min off



Speed Work

Warm up for 10-15 minutes before speed work at a slow pace. For speed intervals, go as fast as you can! Shoot for going faster than your race pace. For hills, find a hill between 200 and 600 feet. Focus on a steady speed and good form over going as fast as you can.



L - Long Run

A conversational pace that can be easily maintained over distance. (Usually, about one to two minutes per mile slower than race pace.)



Cross Train

Maintain intensity while participating in an alternate mechanism of cardio. Some great choices would be swimming, biking, stair stepper or the elliptical machine.

YOGA

- A - [youtube.com/watch?v=RGOrpTLiaec](https://www.youtube.com/watch?v=RGOrpTLiaec)
- B - [youtube.com/watch?v=x6zyQWulE10](https://www.youtube.com/watch?v=x6zyQWulE10)
- C - [youtube.com/watch?v=pLL13JF5BHA](https://www.youtube.com/watch?v=pLL13JF5BHA)

STRENGTH

- A - [youtube.com/watch?v=rZpMnnN4s_o](https://www.youtube.com/watch?v=rZpMnnN4s_o)
- B - [youtube.com/watch?v=Ze7yegs-WX4](https://www.youtube.com/watch?v=Ze7yegs-WX4)



Active Recovery

Take a break from running but stay active. Some great choices would be yoga, an easy bike ride, a hike or a walk.

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6	June 30	July 1	July 2	July 3	July 4	July 5	July 6
	Run 2.5 miles	Active Recovery	Run 3 miles easy	Walk 30 min	Rest	Run 3 miles easy	35-60 min walk
7	July 7	July 8	July 9	July 10	July 11	July 12	July 13
	Run 2.5 miles	Active Recovery	Run 3 miles easy	Walk 30 min	Rest	Run 4 miles easy	35-60 min walk
8	July 14	July 15	July 16	July 17	July 18	July 19	July 20
	Run 3 miles	Active Recovery	1 mile easy 2 x hills 1 mile easy	Run 30 min	Rest	Run 5 miles easy	40-60 min walk
9	July 21	July 22	July 23	July 24	July 25	July 26	July 27
	Run 2 miles	Active Recovery	Run 2 miles easy	Walk 30 min	Rest	Run 3 miles easy	30-60 min walk
10	July 28	July 29	July 30	July 31	Aug 1	Aug 2	Aug 3
	Run 2 miles	Active Recovery	Run 2 miles easy	Walk 30 min	Rest	Run 4 miles easy	30-60 min walk



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11	Aug 4 Run 2.5 miles	Aug 5 Active Recovery	Aug 6 Run 3 miles easy	Aug 7 Walk 30 min	Aug 8 Rest	Aug 9 Run 3 miles easy	Aug 10 35-60 min walk
	Aug 11 Run 2.5 miles	Aug 12 Active Recovery	Aug 13 Run 3 miles easy	Aug 14 Walk 30 min	Aug 15 Rest	Aug 16 Run 4 miles easy	Aug 17 35-60 min walk
13	Aug 18 Run 3 miles	Aug 19 Active Recovery	Aug 20 1 mile easy 2 x hills 1 mile easy	Aug 21 Run 30 min	Aug 22 Rest	Aug 23 Run 5 miles easy	Aug 24 40-60 min walk
	Aug 25 Run 3 miles	Aug 26 Active Recovery	Aug 27 .5 mile easy 4 x 200 m .5 mile easy	Aug 28 Run 30 min	Aug 29 Rest	Aug 30 Run 4 miles easy	Aug 31 45-60 min walk
15	Sept 1 Run 2.5 miles	Sept 2 Active Recovery	Sept 3 .5 mile easy 4 x 400 m .5 mile easy	Sept 4 Run 30 min	Sept 5 Rest	Sept 6 Run 5 miles easy	Sept 7 50-60 min walk



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16	Sept 8	Sept 9	Sept 10	Sept 11	Sept 12	Sept 13	Sept 14		
	Run 2.5 miles	Active Recovery	.5 mile easy 4 x hills .5 mile easy	Run 30 min	Rest	Run 6 miles easy	55-60 min walk		
	17	Sept 15	Sept 16	Sept 17	Sept 18	Sept 19	Sept 20	Sept 21	
		Run 3 miles	Active Recovery	4 miles easy	Run 30 min	Rest	Run 4 miles easy	60 min walk	
		18	Sept 22	Sept 23	Sept 24	Sept 25	Sept 26	Sept 27	Sept 28
			Run 3 miles	Active Recovery	3 miles easy	Walk 30 min	Rest	Rest	

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