

10K Training Guide

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch & Strength	2 km run	20 min cross	2.25 km run	rest	30 min cross	3 km run
2	Stretch & Strength	2 km run	20 min cross	2.5 km run	rest	30 min cross	3.5 km run
3	Stretch & Strength	2.5 km run	25 min cross	2.75 km run	rest	35 min cross	4 km run
4	Stretch & Strength	3 km run	30 min cross	3 km run	rest	40 min cross	4.5 km run
5	Stretch & Strength	3.5 km run	30 min cross	3.25 km run	rest	40 min cross	5 km run
6	Stretch & Strength	4 km run	30 min cross	3.5 km run	rest	40 min cross	5 km run
7	Stretch & Strength	4 km run	30 min cross	3.5 km run	rest	40 min cross	5 km run
8	Stretch & Strength	4 km run	30 min cross	3.5 km run	rest	40 min cross	6 km run
9	Stretch & Strength	4 km run	30 min cross	3.5 km run	rest	50 min cross	6 km run
10	Stretch & Strength	5 km run	35 min cross	3.5 km run	rest	50 min cross	6 km run
11	Stretch & Strength	5 km run	40 min cross	3.5 km run	rest	60 min cross	7 km run
12	Stretch & Strength	5 km run	40 min cross	3.5 km run	rest	60 min cross	8 km run
13	Stretch & Strength	5 km run	45 min cross	3.5 km run	rest	60 min cross	9 km run
14	Stretch & Strength	5 km run	30 min cross	3.5 km run	rest	rest	10 km race

If you have a good fitness level you should be able to run 6km with very little training. You may be even able to go out and run a 10-K race without much training. But if you have decided to run a 10-k you might as well do it right.

Stretch & Strength: Mondays are meant as a day of rest following your long runs on Sunday. These are good days to do some extra stretching and if you like some light strength training.

Thursdays: Through out the training Thursdays are light days. Depending on how you are feeling you can use Thursday as a bit of a light day, do some speed training, hills or some strength training.

Cross: Simply means cross –training, an aerobic exercise that is not running. It could be swimming, cycling or an aerobics class.