



Beginner 10K Training Plan

Designed for those who have run a 5K and are interested in progressing to a 10K.

Week	Workout 1	Workout 2	Rest day	Workout 3	Workout 4
1	3 mi	2 mi		30 min cross train	3.5 mi
2	3 mi	2 mi		30 min cross train	3.5 mi
3	3.5 mi	2 mi		30 min cross train	4 mi
4	3.5 mi	2 mi		30 min cross train	4.5 mi
5	4 mi	2.5 mi		30 min cross train	4.5 mi
6	3.5 mi	2.5 mi		40 min cross train	5 mi
7	4 mi	2.5 mi		40 min cross train	5.5 mi
8	4.5 mi	3 mi		45 min cross train	5.5 mi
9	4 mi	2.5 mi		45 min cross train	6 mi
10	3.5 mi			20 min run	

cross train = alternative aerobic activity ie biking, swimming, walking, hiking, etc.

time workout

distance workout