

10K TRAINING PLAN BEGINNER

mibody
RUNNERS

RUN A 10K IN 8 WEEKS

WK	M	W	F
1	5 min warm up 4k run 5 min cool down	5 min warm up 3k run 5 min cool down	5 min warm up 5k LSD run 5 min cool down
2	5 min warm up 4k run 5 min cool down	5 min warm up 3k run 5 min cool down	5 min warm up 5.5k LSD run 5 min cool down
3	5 min warm up 4k run 5 min cool down	5 min warm up 4k run 5 min cool down	5 min warm up 6.5k LSD run 5 min cool down
4	5 min warm up 5k run 5 min cool down	5 min warm up 4k run 5 min cool down	5 min warm up 5k Time Trial Race test 5 min cool down
5	5 min warm up 5k run 5 min cool down	5 min warm up 4k run 5 min cool down	5 min warm up 7.5k LSD run 5 min cool down
6	5 min warm up 6k run 5 min cool down	5 min warm up 5k run 5 min cool down	5 min warm up 8k LSD run 5 min cool down
7	5 min warm up 6k run 5 min cool down	5 min warm up 5k run 5 min cool down	5 min warm up 9k LSD run 5 min cool down
8	5 min warm up 5k run 5 min cool down	5 min warm up 4k run 5 min cool down	5 min warm up 10k RUN! 5 min cool down