

10K Training Plan for Beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	rest/cross-train	1.5 mile run	strength train	1.5 mile run	rest	2 mile run	rest/cross-train
2	rest/cross-train	1.5 mile run	strength train	1.5 mile run	rest	2 mile run	rest/cross-train
3	rest/cross-train	2 mile run	strength train	2 mile run	rest	2.5 mile run	rest/cross-train
4	rest/cross-train	2 mile run	strength train	2 mile run	rest	3 mile run	rest/cross-train
5	rest/cross-train	2 mile run	strength train	2 mile run	rest	3.5 mile run	rest/cross-train
6	rest/cross-train	2 mile run	strength train	2 mile run	rest	3.5 mile run	rest/cross-train
7	rest/cross-train	3 mile run	strength train	3 mile run	rest	4 mile run	rest/cross-train
8	rest/cross-train	3 mile run	strength train	3 mile run	rest	4 mile run	rest/cross-train
9	rest/cross-train	3 mile run	strength train	3 mile run	rest	4.5 mile run	rest/cross-train
10	rest/cross-train	4 mile run	strength train	4 mile run	rest	5 mile run	rest/cross-train
11	rest/cross-train	4 mile run	strength train	4 mile run	rest	5.5 mile run	rest/cross-train
12	rest/cross-train	3 mile run	strength train	rest	rest	Race Day! 6.2 mile run	stretch/roll out