



5K to 10K Training Plan

"Progress, not perfection. One step at a time!"

Welcome to your 5K to 10K journey! Whether you're looking to complete the distance safely or improve your pace, this flexible plan is for you. Choose your pathway below and listen to your body throughout. Rest, strength, and flexibility days are as important as your runs!

How to Use This Plan

- **Path 1: Complete the Distance** — Ideal if your goal is to build endurance safely.
- **Path 2: Improve Your Time** — Includes targeted speedwork to enhance your pace.

Each week balances running, strength, flexibility, and recovery. Hydration, good nutrition, and consistent sleep will support your success!

Weekly Structure Key

- **Run Easy:** Comfortable pace, able to talk
- **Tempo Run:** Challenging but sustainable pace
- **Speedwork:** Short, fast bursts (intervals)
- **Strength Training:** Bodyweight/core sessions
- **Strength + Easy:** Short strength session (20–30 min) followed by a relaxed easy-paced run (3–5km).
- **Flexibility:** Yoga, stretching, mobility
- **Rest:** No running, allow recovery

8-Week Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	2km Run Easy	Strength Training	2km Run Easy	Flexibility	3km Long Slow Run	Recovery Walk
2	Rest	2.5km Run Easy	Strength Training	2km Run Easy	Flexibility	4km Long Slow Run	Rest
3	Rest	3km Run + Strides	Strength Training	3km Run Easy	Flexibility	5km Long Slow Run	Recovery Walk
4	Rest	3km Tempo Run	Strength + Easy Run	3km Run Easy	Flexibility	6km Long Slow Run	Rest
5	Rest	3.5km Run Easy	Strength Training	4km Tempo Run	Flexibility	7km Long Slow Run	Recovery or Cross-Train
6	Rest	4km Run Easy	Strength Training	5km Tempo Run	Flexibility	8km Long Slow Run	Recovery Walk
7	Rest	4.5km Run + Strides	Strength + Easy Run	5km Run Easy	Flexibility	9km Long Slow Run	Rest
8	Rest	5km Tempo Run	Light Strength Only	3km Easy	Flexibility	10K Race Day!	Celebrate!