



## **10K Running Program**

### **Week 1:**

- Monday: Rest
- Tuesday: Easy run for 30 minutes
- Wednesday: Cross-training (swimming, biking, etc.) for 30 minutes
- Thursday: Easy run for 30 minutes
- Friday: Rest
- Saturday: Long run for 45 minutes
- Sunday: Rest

### **Week 2:**

- Monday: Easy run for 30 minutes
- Tuesday: Speed work (intervals or tempo run) for 20 minutes
- Wednesday: Cross-training for 30 minutes
- Thursday: Easy run for 30 minutes
- Friday: Rest
- Saturday: Long run for 50 minutes
- Sunday: Rest

### **Week 3:**

- Monday: Easy run for 30 minutes
- Tuesday: Speed work (intervals or tempo run) for 25 minutes
- Wednesday: Cross-training for 30 minutes
- Thursday: Easy run for 30 minutes
- Friday: Rest
- Saturday: Long run for 55 minutes
- Sunday: Rest

### **Week 4:**

- Monday: Easy run for 30 minutes
- Tuesday: Speed work (intervals or tempo run) for 30 minutes
- Wednesday: Cross-training for 30 minutes
- Thursday: Easy run for 30 minutes
- Friday: Rest
- Saturday: Long run for 60 minutes
- Sunday: Rest

### **Week 5:**

- Monday: Easy run for 30 minutes
- Tuesday: Speed work (intervals or tempo run) for 35 minutes
- Wednesday: Cross-training for 30 minutes



- Thursday: Easy run for 30 minutes
- Friday: Rest
- Saturday: Long run for 65 minutes
- Sunday: Rest

Week 6:

- Monday: Easy run for 30 minutes
- Tuesday: Speed work (intervals or tempo run) for 40 minutes
- Wednesday: Cross-training for 30 minutes
- Thursday: Easy run for 30 minutes
- Friday: Rest
- Saturday: Long run for 70 minutes
- Sunday: Rest

Here are some additional tips for runners training for a 10K:

- Warm up before each run and cool down afterwards.
- Drink plenty of fluids, especially water.
- Eat a healthy diet.
- Get enough sleep.
- Listen to your body and take rest days when needed.
- Cross-train with other activities, such as swimming or biking.
- Set realistic goals and don't be afraid to adjust your training plan as needed