



6-WEEK 10K RUNNING PROGRAM

ENDURANCE, SPEED & CROSS-TRAINING SCHEDULE

This comprehensive 6-week training program is designed to prepare runners for a 10K race, incorporating easy runs, cross-training, targeted speed work, and progressively longer weekend runs.

1. 6-WEEK TRAINING SCHEDULE

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Rest	Easy run (30 min)	Cross-train (30 min)	Easy run (30 min)	Rest	Long run (45 min)	Rest
Week 2	Easy run (30 min)	Speed work (20 min)	Cross-train (30 min)	Easy run (30 min)	Rest	Long run (50 min)	Rest
Week 3	Easy run (30 min)	Speed work (25 min)	Cross-train (30 min)	Easy run (30 min)	Rest	Long run (55 min)	Rest
Week 4	Easy run (30 min)	Speed work (30 min)	Cross-train (30 min)	Easy run (30 min)	Rest	Long run (60 min)	Rest
Week 5	Easy run (30 min)	Speed work (35 min)	Cross-train (30 min)	Easy run (30 min)	Rest	Long run (65 min)	Rest
Week 6	Easy run (30 min)	Speed work (40 min)	Cross-train (30 min)	Easy run (30 min)	Rest	Long run (70 min)	Rest

TRAINING TIPS & GUIDELINES

- **Warm-Up & Cool Down:** Warm up before each run and cool down afterwards.
- **Hydration & Nutrition:** Drink plenty of fluids, especially water, and eat a healthy diet.
- **Recovery:** Get enough sleep, listen to your body, and take rest days when needed.
- **Cross-Training:** Cross-train with other activities such as swimming or biking.
- **Goal Setting:** Set realistic goals and don't be afraid to adjust your training plan as needed.

UNCONQUERED. UNBREAKABLE. INVICTUS.

invictussports.org

This program is for educational purposes. Consult a physician before beginning any new exercise routine. Stop if you experience pain. Results vary based on individual effort and consistency.