

10K 8-WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	OFF	2 miles Z2	Cross-train 30 min	2 miles Z2	OFF	3 miles Z2	Cross-train 30 min
WEEK 2	OFF	2 miles Z2	Cross-train 30 min	3 miles Z2	OFF	4 miles Z2	Cross-train 30 min
WEEK 3	2 miles Z2	3 miles Z2	Cross-train 30 min	3 miles ROLLING HILLS	OFF	4.5 miles Z2	Cross-train 30 min
WEEK 4 RECOVERY WEEK	OFF	3 miles Z2	Cross-train 30 min	3 miles Z2 w/1 mile at Z3	OFF	4 miles Z2	Cross-train 40 min
WEEK 5	2 miles Z2	3 miles + 2 min SURGES (x4)	Cross-train 30 min	4 miles w/0.5 mile GOAL 10k PACE (x4)	OFF	5 miles Z2	Cross-train 40 min
WEEK 6	3 miles Z2	4 miles ROLLING HILLS	Cross-train 30 min	4 miles w/1 mile GOAL 10k PACE (x2)	OFF	6 miles Z2	Cross-train 45 min
WEEK 7	3 miles Z2	4 miles + 2 min SURGES (x5)	Cross-train 30 min	4 miles w/1 mile GOAL 10k PACE (x3)	OFF	4 miles Z2	Cross-train 30 min
WEEK 8 RACE WEEK!	OFF	2 miles Z2	OFF	2 miles Z2	OFF	RACE WEEKEND! (TIP: Keep moving the day after to shake out your legs.)	

Z = Training Zone (e.g. Z2 = Zone 2 = Easy) **SURGES:** These are short segments of hard but controlled running. Your heart rate should reach Z4. **GOAL PACE:** This is the pace to set in order to achieve your goal race time.