

TRAINING FOR A 10K

Training for a 10k is a great way to ease your way back into the running game!

The following 10k training plan is based on four workouts per week; make sure you space them out to accommodate your schedule and your body's needs.

	DAY 1		DAY 2		DAY 3		DAY 4	
WEEK 1		1 MI	X-TRAIN 20:00			X-TRAIN 20:00		
WEEK 2		2 MI	X-TRAIN 25:00		 20:00	X-TRAIN 25:00		
WEEK 3		3 MI	X-TRAIN 30:00		 25:00	X-TRAIN 30:00		
WEEK 4		4 MI	X-TRAIN 35:00		 30:00	X-TRAIN 40:00		
WEEK 5		2 MI	X-TRAIN 20:00			X-TRAIN 20:00		
WEEK 6		4.5 MI	X-TRAIN 45:00		 35:00	X-TRAIN 35:00		
WEEK 7		5 MI	X-TRAIN 50:00		 3 MI	X-TRAIN 40:00		
WEEK 8		5.5 MI	X-TRAIN 55:00		 4 MI	X-TRAIN 45:00		
WEEK 9		6 MI	X-TRAIN 45:00			X-TRAIN 20:00		
WEEK 10		3 MI	X-TRAIN 20:00 EASY PACE		 2 MI EASY PACE	 + HYDRATE		



= JOG



= STRENGTH
TRAIN



= REST

Get Back Plan

Chao Zhang



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