

10k Training Plan

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	10x 1:00 Walking/1:00 Jogging			12x 1:00 Walking/1:00 Jogging			5:00 Walking, 3:00 Jogging, 5:00 Walking, 3:00 Jogging, 5:00 Walking
Week 2		12x 1:00 Walking/1:00 Jogging		5:00 Walking, 5:00 Jogging, 5:00 Walking, 5:00 Jogging			15 x 1:00 Walking, 1:00 Jogging
Week 3			4:00 Walking, 6:00 Jogging, 4:00 Walking, 6:00 Jogging		15x 1:00 Walking, 1:00 Jogging		10:00 Walking, 10:00 Jogging, 10:00 Walking
Week 4			4:00 Walking, Easy Running 12:00, 4:00 Walking		8x 3:00 Jogging, 2:00 Walking		5:00 Walking, Easy Running 15:00, 5:00 Walking
Week 5			5:00 Walking, Easy Running 18:00, 5:00 Walking		10x 3:00 Jogging, 2:00 Walking; Core		Walking 5:00, Easy Running 15:00, Walking 5:00
Week 6			4:00 Walking, Easy Running 20:00, 4:00 Walking		5:00 Walking, Easy Running 15min, 3x Strides, 5:00 Walking		12x 3:00 Jogging, 2:00 Walking
Week 7			5:00 Walking, Easy Running 20min, 5:00 Walking		12x 3:00 Easy Running, 2:00 Walking		5:00 Walking, Easy Running 25min, 5:00 Walking
Week 8			5:00 Walking, Easy Running 20min, 2x Short Hill Sprints, 5:00 Walking		10x 4:00 Jogging, 2:00 Walking (One Hour!!!)		5:00 Walking, Easy Running 30min, 5:00 Walking
Week 9			5:00 Walking, Easy Running 30min, 5:00 Walking		5:00 Walking, Easy Running 25min, 4x Strides, 5:00 Walking;		Walking, Easy Running 30min, 5:00 Walking
Week 10	5:00 Walking, Easy Running 30min, 5:00 Walking			5:00 Walking, Easy Running 30min, 3x Short Hill Sprints, 5:00 Walking		10x 4:00 Jogging, 2:00 Walking	
Week 11	5:00 Walking, Easy 40min Running, 5:00 Walking		5:00 Walking, Easy 30min Running, 5x Strides, 5:00 Walking	10x 3:00 Jogging, 1:00 Walking			Race Your First 5K!! (or Easy 40min Running)
Week 12			5:00 Walking, Easy Running 40min, 4x Short Hill Sprints, 5:00 Walking		12x 4:00 Jogging, 1:00 Walking		5:00 Walking, Easy Running 45min, 5:00 Walking
Week 13			5:00 Walking, Easy 50min Running, 5:00 Walking		5:00 Walking, Easy 40min Running, 6x Strides, 5:00 Walking		5:00 Walking, Easy 45min Running, 4x Short Hill Sprints, 5:00 Walking
Week 14			5:00 Walking, Easy Running 40min, 6x Strides, 5:00 Walking	5:00 Walking, Easy Running 30min, 5:00 Walking			Your First 10K

Disclaimer: although this training plan has been developed by a professional coach, the advice given on this website does not constitute or replaces medical advice. Please consult with a doctor before starting any exercise or nutrition plan. Run safe!