

10K TRAINING PLAN!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILES
1	REST	3 MI RUN	CT	2.5 MI RUN	REST	3 MI RUN	30 MIN EASY RUN	8.5 MILES
2	REST	3 MI RUN	CT	3 MI RUN	REST	3.5 MI RUN	35-40 MIN EASY RUN	9.5 MILES
3	REST	3.5 MI RUN	CT	3.5 MI RUN	REST	4 MI RUN	35-40 MIN EASY RUN	11 MILES
4	REST	4 MI RUN	CT	3.5 MI RUN	REST	4.5 MI RUN	40-45 MIN EASY RUN	12 MILES
5	REST	4 MI RUN	CT	3 MI RUN	REST	5 MI RUN	40-45 MIN EASY RUN	12 MILES
6	REST	4 MI RUN	CT	3.5 MI RUN	REST	6 MI RUN	40-45 MIN EASY RUN	13.5 MILES
7	REST	4 MI RUN	CT	3 MI RUN	REST	7 MI RUN	40-45 MIN EASY RUN	14 MILES
8	REST	3 MI RUN	CT OR REST	3 MI RUN	REST	REST	10K!	12 MILES