

10-MILE TRAINING PLAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	STRENGTH	EASY	REST	EASY & OPTIONAL	LONG RUN	REST
WEEK 1	4-5 miles	Strength or Cross-Train	40 min	Rest	30 min	4-5 miles	Rest
WEEK 2	40 min	Strength or Cross-Train	4-5 miles	Rest	30 min	5-6 miles	Rest
WEEK 3	4-5 miles	Strength or Cross-Train	60 min	Rest	30 min	6-8 miles	Rest
WEEK 4	50 min	Strength or Cross-Train	5-6 miles	Rest	30 min	5-7 miles	Rest
WEEK 5	60 min	Strength or Cross-Train	60 min	Rest	30 min	8-9 miles	Rest
WEEK 6	5-6 miles	Strength or Cross-Train	50 min	Rest	30 min	8-10 miles	Rest
WEEK 7	6-7 miles	Strength or Cross-Train	60 min	Rest	30 min	6-8 miles	Rest
WEEK 8	5-6 miles	Rest	30 min	Rest	Rest	25 min Shakeout Run	RACE DAY!