



10 km Training Program

RaceInterface >>

| | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|---------------|----------|---|----------|---|----------|----------|--|
| Week 1 | Rest day | Run 15 minutes, walk 1 to 2 minutes, run 15 minutes | Rest day | Run 15 minutes, walk 1 to 2 minutes, run 15 minutes | Rest day | Rest day | Run 3km continuously. Record your time here: |
| Week 2 | Rest day | Run 18 minutes, walk 1 to 3 minutes, run 18 minutes | Rest day | Run 18 minutes, walk 1 to 3 minutes, run 18 minutes | Rest day | Rest day | Run 5km continuously. Record your time here: |
| Week 3 | Rest day | Run 30 minutes continuously | Rest day | Run 30 minutes continuously | Rest day | Rest day | Run 5km continuously. Record your time here: |
| Week 4 | Rest day | Run 30 minutes continuously | Rest day | Run 30 minutes continuously | Rest day | Rest day | Run 40 to 45 minutes continuously |
| Week 5 | Rest day | Run 30 minutes continuously | Rest day | Run 40 minutes continuously | Rest day | Rest day | Run 6km continuously. Record your time here: |
| Week 6 | Rest day | Run 30 minutes continuously | Rest day | Run 40 minutes continuously | Rest day | Rest day | Run 50 minutes continuously |
| Week 7 | Rest day | Run 45 minutes continuously | Rest day | Run 45 minutes continuously | Rest day | Rest day | Run 10km continuously. Record your time here: |
| Week 8 | Rest day | Run 45 minutes continuously | Rest day | Run 30 minutes continuously | Rest day | Rest day | Green Mountain Forest Run 10km |