

# 8 WEEK TRAINING SCHEDULE

## 10KM WEEK 1

### Week 1

Monday	REST
Tuesday	20 MIN EASY
Wednesday	20 MIN TEMPO
Thursday	REST DAY
Friday	30 MIN RACE PACE
Saturday	REST
Sunday	3 MILES-LONG RACE PACE

# 8 WEEK TRAINING SCHEDULE

## 10KM WEEK 2

### Week 2

Monday	REST
Tuesday	20 MIN EASY
Wednesday	40 MIN TEMPO
Thursday	REST DAY
Friday	30 MIN RACE PACE
Saturday	REST
Sunday	4 MILES-LONG RACE PACE

# 8 WEEK TRAINING SCHEDULE

## 10KM WEEK 3

### Week 3

Monday	REST
Tuesday	20 MIN EASY
Wednesday	30 MIN TEMPO
Thursday	REST DAY
Friday	30 MIN RACE PACE
Saturday	REST
Sunday	40 MINUTES-LONG RACE PACE

# 8 WEEK TRAINING SCHEDULE

## 10KM WEEK 4

### Week 4

Monday	REST
Tuesday	30 MIN EASY
Wednesday	30 MIN TEMPO
Thursday	REST DAY
Friday	30 MIN RACE PACE
Saturday	REST
Sunday	5 MILES-LONG RACE PACE

# 8 WEEK TRAINING SCHEDULE

## 10KM WEEK 5

### Week 5

Monday	REST
Tuesday	20 MIN EASY
Wednesday	30 MIN TEMPO
Thursday	REST DAY
Friday	40 MIN RACE PACE
Saturday	REST
Sunday	4 MILES-LONG RACE PACE

# 8 WEEK TRAINING SCHEDULE

## 10KM WEEK 6

### Week 6

Monday	REST
Tuesday	30 MIN EASY
Wednesday	30 MIN TEMPO
Thursday	REST DAY
Friday	40 MIN RACE PACE
Saturday	REST
Sunday	5 MILES-LONG RACE PACE

# 8 WEEK TRAINING SCHEDULE

## 10KM WEEK 7

### Week 7

Monday	REST
Tuesday	40 MIN EASY
Wednesday	30 MIN TEMPO
Thursday	REST DAY
Friday	30 MIN RACE PACE
Saturday	REST
Sunday	5 MILES-LONG RACE PACE

# 8 WEEK TRAINING SCHEDULE

## 10KM WEEK 8

### Week 8

Monday	REST
Tuesday	40 MIN EASY
Wednesday	30 MIN TEMPO
Thursday	REST DAY
Friday	REST
Saturday	RACE DAY!