



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!

8 WEEK TRAINING SCHEDULE