

MARATHON HANDBOOK

4 WEEK 10K TRAINING PLAN : MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	Long Run	9.5 miles
			2.5 miles <i>RPE: 3-4</i>	1.5 miles <i>RPE: 3-4</i>	45-60 mins	2.5 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 2-3</i>	
2		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	Long Run	11 miles
			2.5 miles <i>RPE: 3-4</i>	1.5 miles <i>RPE: 3-4</i>	45-60 mins	2.5 miles <i>RPE: 3-4</i>		4.0 miles <i>RPE: 2-3</i>	
3		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	Long Run	15 miles
			3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	45-60 mins	3 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 2-3</i>	
4		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	10k	16 miles
			3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	45-60 mins	3 miles <i>RPE: 3-4</i>			