MARATHON HANDBOOK

8 WEEK 10K TRAINING PLAN FOR BEGINNERS:

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		**Walk/Run** Warm up: Brisk walk 5 min 10 x 30 sec run / 1 min walk Cool down: 5 min walk	**Cross Training** 20 min	**Rest**	**Walk/Run** Warm up: Brisk walk 5 min 10 x 1 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 20 min	**Walk/Run** Warm up: Brisk walk 5 min 10 x 90 sec run / 1 min walk Cool down: 5 min walk	**Rest**
2		**Walk/Run** Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 20-30 min	**Rest**	**Walk/Run** Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 20 min	**Walk/Run** Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	**Rest**
3		**Walk/Run** Warm up: Brisk walk 5 min 2 x 10 min run / 30 second walk Cool down: 5 min walk	**Cross Training** 35 min	**Rest**	**Walk/Run** Warm up: Brisk walk 5 min Run 16 min without stopping Cool down: 5 min walk	**Cross Training** 30 min	**Run** Warm up: Brisk walk 5 min Run 2 miles without stopping Cool down: 5 min walk	**Rest**
4		**Easy Run** Warm up: Brisk walk 5 min Run 2.5 miles at an easy pace, trying not to stop	**Cross Training** 45 min	**Rest**	**Easy Run** Warm up: Brisk walk 5 min Run 3 miles at an easy pace	**Cross Training / Easy Run** Cross training 30 min, or Easy run 15 min	**Easy Run** Run 3.5 miles at an easy pace	**Rest**
5		**Easy Run** Run 4 miles at an easy pace	**Cross Training** 45 min	**Rest**	**Run** Warm up: Brisk walk 5 min 1 min hard running interspersed during	**Cross Training / Easy Run** Cross training 30 min, or Easy run 20 min	**Easy Run** Run 4 miles at an easy pace	**Rest**
6		**Easy Run** Run 4.5 miles at an easy pace	**Cross Training** 50 min	**Rest**	**Run** Warm up: Brisk walk 5 min 2 min hard running interspersed during	**Cross Training / Easy Run** Cross training 30 min, or Easy run 20 min	**Easy Run** Run 5 miles at an easy pace	**Rest**
7		**Easy Run** Run 5.5 miles at an easy pace	**Cross Training** 60 min	**Rest**	**Run** Run 6 miles at an easy pace	**Cross Training / Easy Run** Cross training 30 min, or Easy run 20 min	**Run** Warm up: Brisk walk 5 min Run 4 miles with 4 x 3 min hard running interspersed during the workout	**Rest**
8		**Easy Run** Run 4 miles at an easy pace	**Cross Training** 40-45 min	**Easy Run** 3-4 miles at an easy pace	**Rest**	**Easy Run** Jog 15-20 min with 4 x 75m strides	**Race** 10k Race!	**Rest**