

Beginner 10K Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	2.5 mi run	30 min cross	2 mi run	Rest	40 min cross	3 mi run
2	Rest	2.5 mi run	30 min cross	2 mi run	Rest	40 min cross	3.5 mi run
3	Rest	2.5 mi run	35 min cross	2 mi run	Rest	50 min cross	4 mi run
4	Rest	3 mi run	35 min cross	2 mi run	Rest	50 min cross	4 mi run
5	Rest	3 mi run	40 min cross	2 mi run	Rest	60 min cross	4.5 mi run
6	Rest	3 mi run	40 min cross	2 mi run	Rest	60 min cross	5 mi run
7	Rest	3 mi run	45 min cross	2 mi run	Rest	60 min cross	5.5 mi run
8	Rest	3 mi run	30 min cross	2 mi run	Rest	Rest	10K Run

Intermediate 10K Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 mi run	3 mi run	35 min tempo run	3 mi run	Rest	60 min cross	4 mi run
2	3 mi run	3.5 mi run	8 x 400 5K pace	4 mi run	Rest	60 min cross	5 mi run
3	3 mi run	4 mi run	40 min tempo run	3 mi run	Rest	60 min cross	6 mi run
4	3 mi run	4.5 mi run	9 x 400 5K pace	4 mi run	Rest	Rest	5K Race
5	3 mi run	5 mi run	45 min tempo run	3 mi run	Rest	60 min cross	6 mi run
6	3 mi run	5.5 mi run	10 x 400 5K pace	4 mi run	Rest	60 min cross	7 mi run
7	3 mi run	6 mi run	50 min tempo run	4 mi run	Rest	60 min cross	8 mi run
8	3 mi run	3 mi run	5 x 400 5K pace	1-3 mi run	Rest	Rest	10K Race

Advanced 10K Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 mi run	30 min tempo run	6 x 400 mile pace	3 mi run	Rest or 3 mi run	5 mi total, 2 mi pace	6 mi run
2	3 mi run	40 min tempo run	7 x 400 mile pace	4 mi run	Rest or 3 mi run	5 mi total, 2 mi pace	7 mi run
3	3 mi run	50 min tempo run	8 x 400 mile pace	5 mi run	Rest or 3 mi run	5 mi total, 3 mi pace	8 mi run (3/1)
4	3 mi run	30 min tempo run	9 x 400 mile pace	3 mi run	Rest or 3 mi run	Rest	5K Race
5	3 mi run	50 min tempo run	10 x 400 mile pace	6 mi run	Rest or 3 mi run	6 mi total, 3 mi pace	8 mi run (3/1)
6	3 mi run	30 min tempo run	11 x 400 mile pace	3 mi run	Rest or 3 mi run	Rest	8K Race
7	3 mi run	60 min tempo run	12 x 400 mile pace	6 mi run	Rest or 3 mi run	6 mi total, 3 mi pace	10 mi run (3/1)
8	3 mi run	30 min tempo run	6 x 400 mile pace	3 mi run	Rest or 1-3 mi run	Rest	10K Race