



10k Training Plan

RUNNING AN 10K IN 12 WEEKS



Instructions

- Every workout needs to have a 5 to 10 min warm-up and cool-down of 5 to 10 min
- Easy runs are done in heart rate zone 1-2
- Hard runs are done in heart rate zone 4-5
- The progression run gets faster every 10 min

To better understand running zones:
Get the Running a Race Basics ebook on www.athletichybrid.com

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	1st Week	2nd Week	3rd Week	4th Week
SUN	15 min easy run	20 min easy run	20 min easy run	25 min easy run
MON	REST DAY	REST DAY	REST DAY	REST DAY
TUE	20 min easy run	20 min easy run	20 min progression run	30 min easy run
WED	REST DAY	REST DAY	REST DAY	REST DAY
THU	3 min hard run 2 min easy run Repeat 4x	3 mins hard run 2 min easy run Repeat 4x	4 min hard run 4 min easy run Repeat 4x	4 mins hard run 4 min easy run Repeat 6x
FRI	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING
SAT	30 min easy run	35 min easy run	40 min easy run	45 min easy run

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	5th Week	6th Week	7th Week	8th Week
SUN	30 min easy run	30 min easy run	30 min easy run	30 min easy run
MON	REST DAY	REST DAY	REST DAY	REST DAY
TUE	30 min easy run	40 min progression run	40 min easy run	40 min easy run
WED	REST DAY	REST DAY	REST DAY	REST DAY
THU	400m hard run 2 min easy pace Repeat 4x	400m hard run 2 min easy pace Repeat 4x	400 m hard run 3 min easy pace Repeat 6x	400 m hard run 3 min easy pace Repeat 8x
FRI	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING
SAT	50 min easy run	55 min easy run	60 min easy run	65 min easy run

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	9th Week	10th Week	11th Week	12th Week
SUN	40 min easy run	40 min easy run	40 min easy run	40 min easy run
MON	REST DAY	REST DAY	REST DAY	REST DAY
TUE	40 min progression run	50 min easy run	50 min easy run	60 min easy run
WED	REST DAY	REST DAY	REST DAY	REST DAY
THU	800m hard run 4 min easy run Repeat 4x	800m hard run 4 min easy run Repeat 4x	800m hard run 4 min easy run Repeat 6x	800m hard run 4 min easy run Repeat 6x
FRI	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING
SAT	70 min easy run	75 min easy run	85 min easy run	90 min easy run