

10K TRAINING PLAN



	SUN	MON	TUE	WED	THU	FRI	SAT
February 5	Rest	Cross-train or strength	30 minutes - easy	Cross-train or strength	Hill Repeats: 20 minutes warm up + 5x30sec uphill	25 minutes - easy	30 minutes - easy
February 12	Rest	Cross-train or strength	2 miles - easy	Cross-train or strength	2 miles - easy	30 minutes - easy	3 miles - easy
February 19	Rest	Cross-train or strength	2.5 miles - easy	Cross-train or strength	Hill Repeats: 20 minutes warm up + 5x30sec uphill	25 minutes - easy	45 minutes - easy
February 26	Rest	Cross-train or strength	3 miles - easy	Cross-train or strength	30 minutes - easy	35 minutes - easy	4 miles - easy
March 5	Rest	Cross-train or strength	3.5 miles - easy	Cross-train or strength	Hill Repeats: 30 minutes warm up + 5x30sec uphill	25 minutes - easy	50 minutes - easy
March 12	Rest	Cross-train or strength	30 minutes - easy	Cross-train or strength	3 miles - easy	40 minutes - easy	5 miles - easy
March 19	Rest	Cross-train or strength	3 miles - easy	Cross-train or strength	Hill Repeats: 30 minutes warm up + 5x30sec uphill	30 minutes - easy	45 minutes - easy
March 26	Rest	Cross-train or strength	4 miles - easy	Cross-train or strength	30 minutes - easy	Rest	RACE DAY!

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