

10K ★ BEGINNER 8-WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Run/Walk: 20 min Run/Walk	Strength Training	Walk: 30 min	Intervals: 20 min Run/Walk, 4 × (30 sec @ Hard, 1 min @ Walk), 20 min Cool-Down	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Long Run: 25 min Run/Walk
WEEK 2	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Run/Walk: 25 min Run/Walk	Strength Training	Walk: 30 min	Intervals: 25 min Run/Walk, 6 × (30 sec @ Hard, 1 min @ Walk), 20 min Cool-Down	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Long Run: 30 min Run/Walk
WEEK 3	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Run/Walk: 30 min Run/Walk	Strength Training	Walk: 30 min	Intervals: 25 min Run/Walk, 8 × (30 sec @ Hard, 1 min @ Walk), 20 min Cool-Down	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Long Run: 35 min Run/Walk
WEEK 4	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Run/Walk: 35 min Run/Walk	Strength Training	Walk: 30 min	Intervals: 15 min Run/Walk, 8 × (100 m @ Hard, 100 m @ Walk), 10 min Cool-Down	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Long Run: 6 km Run/Walk
WEEK 5	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Run/Walk: 40 min Run/Walk	Strength Training	Walk: 30 min	Intervals: 15 min Run/Walk, 10 × (100 m @ Hard, 100 m @ Walk), 10 min Cool-Down	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Long Run: 7 km Run/Walk
WEEK 6	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Run/Walk: 50 min Run/Walk	Strength Training	Walk: 30 min	Intervals: 15 min Run/Walk, 6 × (200 m @ Hard, 200 m @ Walk), 10 min Cool-Down	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Long Run: 8 km Run/Walk
WEEK 7	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Run/Walk: 60 min Run/Walk	Strength Training	Walk: 30 min	Intervals: 15 min Run/Walk, 6 × (200 m @ Hard, 100 m @ Walk, 100 m @ Hard, 100 m @ Walk), 10 min Cool-Down	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Long Run: 6 km Run/Walk
RACE WEEK 8	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Intervals: 20 min Warm-Up, 10 × (400 m Hard, 1 min Easy), 20 min Cool-Down	Strength Training	Walk: 30 min	Intervals: 15 min Run/Walk, 8 × (200 m @ Hard, 100 m @ Walk), 10 min Cool-Down	Rest/Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	RACE DAY

HMP: Current Half Marathon Pace
MP: Current Marathon Pace

RP: Target Race Pace

Easy Effort: Able to speak full sentences with ease.

Mod (Moderate) Effort: Need breath after each sentence/phrase.

Hard Effort: Only able to speak short phrases.

Max (Maximum) Effort: Only able to speak 0-2 word(s).