

10K TRAINING PROGRAM

Target: 8-Week Foundation to Finish

Runner Name: _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3k Easy	Rest	3k Easy	Rest	4k Long	Active Recovery
2	Rest	3k Easy	2k Tempo	3k Easy	Rest	5k Long	Active Recovery
3	Rest	4k Easy	Rest	4k Easy	Rest	6k Long	Active Recovery
4	Rest	4k Easy	3k Tempo	4k Easy	Rest	7k Long	Active Recovery
5	Rest	5k Easy	Rest	4k Easy	Rest	8k Long	Active Recovery
6	Rest	5k Easy	4k Tempo	5k Easy	Rest	9k Long	Active Recovery
7	Rest	5k Easy	Rest	5k Easy	Rest	10k Long	Active Recovery
8	Rest	3k Easy	2k Easy	Rest	2k Shakeout	RACE DAY	Rest

Notes: Easy runs should be at a conversational pace. Tempo runs are "comfortably hard." Active recovery includes walking, yoga, or light stretching.