

10km Training Plan (Road)

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	Res t	Rest	10K Race
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