

8 WEEK 10K TRAINING PLAN

Anyone can run, all you need is the desire and a solid plan.

Below is a novice 10k training plan created by Hal Higdon who is a writer and runner.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	2.5 m run	30 min cross	2 mile run	Rest	40 min cross	3 m run
2	Rest	2.5 m run	30 min cross	2 mile run	Rest	40 min cross	3.5 m run
3	Rest	2.5 m run	35 min cross	2 mile run	Rest	50 min cross	4 m run
4	Rest	3 m run	35 min cross	2 mile run	Rest	50 min cross	4 m run
5	Rest	3 m run	40 min cross	2 mile run	Rest	60 min cross	4.5 m run
6	Rest	3 m run	40 min cross	2 mile run	Rest	60 min cross	5 m run
7	Rest	3 m run	45 min cross	2 mile run	Rest	60 min cross	5.5 m run
8	Rest	3 m run	Rest	2 mile run	Rest	Rest	10K Race

TYPES OF RUNS:

Long Runs: These are best done on the weekends, preferably on the same weekday as the race for which you are training. You will build up mileage weekly on your long runs but have an easy week every third week. This allows you to rest a bit and preparation for the next mileage boost. Its ok to miss a workout periodically but don't skip the long runs, those are critical.

Rest: Rest days are days in which you take the day off and allow your body to recover. They are typically done on Mondays to let your legs rest after your Sunday long run.

Pace Yourself: Do your long runs at a comfortable pace where you can run and converse with a training partner. Speed is not critical unless you are trying to set a PR or qualify for Boston. The main goal is to cover the scheduled distance.

Walking: Walking is ok both in training and in a race. Don't stress over trying to run the entire time. The best race strategy is to use the aid stations as a walk break. By doing this you are giving your body a short break and are able to better consume the water/sports drink that your body needs.

Cross-Training: This is any aerobic exercise that allows you to use some different muscles. Some examples include swimming, walking, or cycling.