

# 10k Training Plan

Use our eight-week training plan to help you across the finish line. Make it fit into your work and family life with small adjustments, remember, this is just a guide!

Week - Day	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1	Stretch & strength	Run 2.5 miles	30 minutes cross-training	2 mile run & strength training	Rest day	3 mile run & 40 mins cross-training
2	Stretch & strength	Run 2.5 miles	30 minutes cross-training	2 mile run & strength training	Rest day	3.5 mile run & 40 mins cross-training
3	Stretch & strength	Run 2.5 miles	35 minutes cross-training	2 mile run & strength training	Rest day	4 mile run & 50 mins cross-training
4	Stretch & strength	Run 3 miles	35 minutes cross-training	2 mile run & strength training	Rest day	4 mile run & 50 mins cross-training
5	Stretch & strength	Run 3 miles	40 minutes cross-training	2 mile run & strength training	Rest day	4.5 mile run & 60 mins cross-training
6	Stretch & strength	Run 3 miles	40 minutes cross-training	2 mile run & strength training	Rest day	5 mile run & 60 mins cross-training
7	Stretch & strength	Run 3 miles	45 minutes cross-training	2 mile run & strength training	Rest day	5.5 mile run & 60 mins cross-training
8	Stretch & strength	Run 3 miles	30 minutes cross-training	2 mile run	Rest day	<b>10k race day!</b>