10K training plan

Eight weeks from 5K to 10K. Three easy runs and one long run a week.

NAME

RACE DATE

WEEK	EASY RUN	EASY RUN	INTERVALS OR HILLS	LONG RUN
WEEK 1	☐	☐	☐	5 km ☐
WEEK 2	☐	☐	☐	6 km ☐
WEEK 3	☐	☐	☐	7 km ☐
WEEK 4	☐	☐	☐	8 km ☐
WEEK 5	☐	☐	☐	8 km ☐
WEEK 6	☐	☐	☐	9 km ☐
WEEK 7	☐	☐	☐	10 km ☐
WEEK 8	☐	☐	☐	Race ☐

Easy means you can talk. The long run gets 1 km longer most weeks, and shorter in week 5 to recover.

NOTES

Not medical advice. Get your doctor's OK before you start.