



# 10 Week 10k Training Plan

This plan is for you if you are new to or returning to running after a long break.

For personalized training with virtual and local in-person options, contact Plateau Racing, our Official Training Partner. [www.plateauracing.com/](http://www.plateauracing.com/)



	SUN	MON	TUE	WED	THU	FRI	SAT
Wk 1	WALK easy 5 min, RUN 1 min/WALK 1 min for 10 min, WALK easy 5 min	30 min of upper-body strength training	Repeat Sunday	30 min of lower-body strength training	Rest, stretch, yoga	WALK easy 5 min, RUN 1 min/WALK 1 min for 10 min, WALK easy 5 min	Rest, stretch, yoga
Wk 2	WALK easy 5 min, RUN 1 min/WALK 1 min for 20 min, WALK easy 5 min	30 min of upper-body strength training	Repeat Sunday	30 min of lower-body strength training	Rest, stretch, yoga	WALK easy 5 min, RUN 1 min/WALK 1 min for 24 min, WALK easy 5 min	Rest, stretch, yoga
Wk 3	WALK easy 5 min, RUN 2 min/WALK 1 min for 21 min, WALK easy 5 min	30 min of upper-body strength training	Repeat Sunday	30 min of lower-body strength training	Rest, stretch, yoga	WALK easy 5 min, RUN 2 min/WALK 1 min for 24 min, WALK easy 5 min	Rest, stretch, yoga
Wk 4	WALK easy 5 min, RUN 2 min/WALK 1 min for 30 min, WALK easy 5 min	30 min of upper-body strength training	Repeat Sunday	30 min of lower-body strength training	Rest, stretch, yoga	WALK easy 5 min, RUN 2 min/WALK 1 min for 36 min, WALK easy 5 min	Rest, stretch, yoga
Wk 5	WALK easy 5 min, RUN 3 min/WALK 1 min for 32 min, WALK easy 5 min	30 min of upper-body strength training	Repeat Sunday	30 min of lower-body strength training	Rest, stretch, yoga	WALK easy 5 min, RUN 3 min/WALK 1 min for 36 min, WALK easy 5 min	Rest, stretch, yoga
Wk 6	WALK easy 5 min, RUN 4 min/WALK 1 min for 35 min, WALK easy 5 min	30 min of upper-body strength training	Repeat Sunday	30 min of lower-body strength training	Rest, stretch, yoga	WALK easy 5 min, RUN 4 min/WALK 1 min for 45 min, WALK easy 5 min	Rest, stretch, yoga
Wk 7	WALK easy 5 min, RUN 5 min/WALK 1 min for 42 min, WALK easy 5 min	30 min of upper-body strength training	Repeat Sunday	30 min of lower-body strength training	Rest, stretch, yoga	WALK easy 5 min, RUN 5 min/WALK 1 min for 48 min, WALK easy 5 min	Rest, stretch, yoga
Wk 8	WALK easy 5 min, RUN 6 min/WALK 1 min for 49 min, WALK easy 5 min	30 min of upper-body strength training	Repeat Sunday	30 min of lower-body strength training	Rest, stretch, yoga	WALK easy 5 min, RUN 6 min/WALK 1 min for 56 min, WALK easy 5 min	Rest, stretch, yoga
Wk 9	WALK easy 5 min, RUN 7 min/WALK 1 min for 56 min, WALK easy 5 min	30 min of upper-body strength training	Repeat Sunday	30 min of lower-body strength training	Rest, stretch, yoga	WALK easy 5 min, RUN 8 min/WALK 1 min for 54 min, WALK easy 5 min	Rest, stretch, yoga
Wk 10	RUN/WALK easy 40 min	RUN/WALK easy 30 min	Rest, stretch, yoga	30 min of lower-body strength training	Rest, stretch, yoga	RUN easy 20 min	<b>RACE DAY</b>