

10K training plan, 8-weeks

A note on intensity: Don't just go all out! Speed will vary for different intensities for different people! And that's OK. Embrace where you are!

Mild Intensity: Shoot for about 30% of what you think your top speed will feel like. Think about your breathing, could you sing? You are at a mild intensity.

Moderate intensity: Once again, *moderate intensity*. Shoot for about 50% of what you think your top speed will feel like. Think about your breathing, could you talk in short sentences before needing to take a breath? If so, you're at a moderate intensity.

Vigorous intensity: Shoot for about 80% of what you think your top speed will feel like. Think about your breathing, could you sing? You are at a mild intensity

Mild = Walking

Moderate = Jogging

Vigorous = Running

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Goal: 8 Miles total	Walk/jog 1 mile: Warm up & alternate 1 min jog 2 min walk	Walk/jog 1 mile: Warm up & alternate 1 min jog 2 min walk	Rest	Walk/jog 2 miles: Warm up & alternate 1 min jog 2 min walk	Walk/jog 2 miles: Warm up & alternate 1 min jog 2 min walk	Walk/jog 2 miles: Warm up & alternate 1 min jog 2 min walk	Rest
2 Goal: 9.5 Miles Total	Walk/jog 2 miles Alternate jog/walk Like above	Jog 1.5 miles Warm up and jog the full 1.5 miles	Rest	Jog 2 miles Warm up and jog the full 2 miles	Jog 2 miles Warm up and jog the full 2 miles	Jog 2 miles Warm up and jog the full 2 miles	Rest
3 Goal: 10.5 miles Total	Jog 2 miles Warm up and jog the full 2 miles	Jog 2 miles Warm up and jog the full 2 miles	Rest	Walk/jog 5K! Warm up and walk/jog 3.1 miles	Jog 1.5 miles Warm up and jog the full 1.5 miles	Jog 2 miles Warm up and jog the full 2 miles	Rest
4 Goal:	Jog 2 miles Warm up and jog	Walk/jog 5K	Rest	Jog 2 miles Warm up and jog	Jog 3.5 miles	Longer Day	Rest

11-13+ Miles Total	the full 2 miles	Warm up and walk/jog 3.1 miles		the full 2 miles	Warm up and jog at least 2 of the 3.5 miles	See what you can do in 1 hour of jogging. Pace yourself!	
<u>5</u> Goal: 5Ks for Days (15.5 Miles)	Walk/jog 5K Warm up and walk/jog 3.1 miles	Walk/jog 5K Warm up and walk/jog 3.1 miles. Try to jog as much as possible!	Rest	Walk/jog 5K Warm up and walk/jog 3.1 miles. Try to jog as much as possible!	Walk/jog 5K Warm up and walk/jog 3.1 miles. Try to jog as much as possible!	Walk/jog 5K Warm up and walk/jog 3.1 miles. Try to jog as much as possible!	Rest
<u>6</u> Goal: 16.5 Miles	Jog 2 miles Warm up and jog the full 2 miles	Walk/jog 4 miles Warm up and walk/jog 4 miles	Rest	Walk/jog 4 miles Warm up and walk/jog 4 miles	Jog 2.5 miles Warm up and jog the full 2 miles	Jog 4 miles Warm up and jog 4 miles. Try to jog as much as possible!	Rest
<u>7</u> Goal: 19 Miles	Jog 4 miles Warm up and jog 4 miles. Try to jog as much as possible!	Jog 5K Warm up and jog the full 3.1 miles	Rest	Walk/jog 4 miles Warm up and walk/jog 4 miles	Jog 5K Warm up and jog the full 3.1 miles	Walk/jog 5 miles Warm up and walk/jog 5 miles. Try to jog as much as possible!	Rest
<u>8</u> Goal: 17 miles	Jog 5K Warm up and jog the full 3.1 miles	Walk/jog 5 miles Warm up and walk/jog 5 miles. Try to jog as much as possible!	Rest	Jog 5K Warm up and jog the full 3.1 miles	Rest	Day of Event! 10K Run ☺ (6.2 Miles) Don't forget to warm up!	Rest