

10K Training Plan: 8 Weeks, 5K to 10K

Three runs a week, written in minutes. Run 1 and Run 2 are easy (you can talk in full sentences). The long run grows. Tick the box when a run is done and use the notes column for how it felt, the weather or your shoes.

Rest or cross-train between runs (walk, cycle, swim, or 20 to 30 min of strength). Missed a run? Skip it, do not double up. Week 4 is lighter on purpose.

The 8-week plan

Week	Run 1 (easy)	Run 2 (easy)	Long run	Notes
1	☐ 25 min	☐ 25 min	☐ 35 min (about 3 mi)	
2	☐ 25 min	☐ 30 min	☐ 40 min (about 3.5 mi)	
3	☐ 30 min	☐ 30 min	☐ 45 min (about 4 mi)	
4 (lighter)	☐ 25 min	☐ 25 min	☐ 35 min (about 3 mi)	
5	☐ 30 min	☐ 35 min	☐ 50 min (about 4.5 mi)	
6	☐ 30 min	☐ 35 min	☐ 55 min (about 5 mi)	
7	☐ 35 min	☐ 35 min	☐ 65 min (about 5.5 to 6 mi)	
8 (race week)	☐ 25 min	☐ 20 min + 4 x 20 sec pickups	☐ Race: 10K (6.2 mi)	

6-Week Option and Speed Sessions

Use the 6-week option only if you can already run 4 miles comfortably. Written in miles.

6-week option (already running 4 miles)

Week	Run 1 (easy)	Run 2 (easy)	Long run	Notes
1	☐ 3 mi	☐ 3 mi	☐ 4 mi	
2	☐ 3 mi	☐ 3.5 mi	☐ 4.5 mi	
3	☐ 3.5 mi	☐ 3.5 mi	☐ 5 mi	
4 (lighter)	☐ 3 mi	☐ 3 mi	☐ 4 mi	
5	☐ 3.5 mi	☐ 4 mi	☐ 6 mi	
6 (race week)	☐ 3 mi	☐ 2 mi + 4 x 20 sec pickups	☐ Race: 10K (6.2 mi)	

Intermediate tweak: Run 2 becomes one speed session (weeks 3 to 7)

Comfortably hard means you can say a few words but not hold a conversation. Jog or walk slowly between reps.

Week	Session	Done	Notes
3	10 min easy, 4 x 2 min comfortably hard (2 min easy jog between), 8 min easy	☐	
4 (lighter)	10 min easy, 4 x 1 min comfortably hard (2 min easy between), 10 min easy	☐	
5	10 min easy, 5 x 2 min comfortably hard (2 min easy between), 8 min easy	☐	
6	10 min easy, 3 x 4 min comfortably hard (2 min easy between), 8 min easy	☐	
7	10 min easy, 4 x 4 min comfortably hard (2 min easy between), 6 min easy	☐	

Race week: start the first 2 miles a little slower than feels natural. Nothing new on race day.