

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Base	Walk/Run Walk 3 mins / Run 1 min x20	Cross Train or Rest	Walk/Run Walk 3 mins / Run 1 min x20	Cross Train or Rest	Walk/Run Walk 3 mins / Run 1 min x25	Cross Train or Rest	Rest Day
Week 2 Base	Walk/Run Walk 2 mins / Run 2 mins x20	Cross Train or Rest	Walk/Run Walk 2 mins / Run 2 mins x20	Cross Train or Rest	Walk/Run Walk 2 mins / Run 2 mins x25	Cross Train or Rest	Rest Day
Week 3 Base	Walk/Run Walk 2 mins / Run 3 mins x25	Cross Train or Rest	Walk/Run Walk 2 mins / Run 3 mins x25	Cross Train or Rest	Walk/Run Walk 1 min / Run 4 mins x25	Cross Train or Rest	Rest Day
Week 4 Base	Walk/Run Walk 1 min / Run 5 mins x25	Cross Train or Rest	Walk/Run Walk 1 min / Run 5 mins x25	Cross Train or Rest	Walk/Run Walk 1 min / Run 6 mins x25	Cross Train or Rest	Rest Day
Week 5 Running	Easy Run 2.5 miles first continuous run!	Cross Train or Rest	Easy Run 2.5 miles easy conversational	Cross Train or Rest	Easy Run 3 miles slow and steady	Cross Train or Rest	Rest Day
Week 6 Running	Easy Run 3 miles easy pace	Cross Train or Rest	Easy Run 3 miles easy pace	Cross Train or Rest	Easy Run 3.5 miles slow and steady	Cross Train or Rest	Rest Day
Week 7 Running	Easy Run 3 miles easy pace	Cross Train or Rest	Easy Run 3.5 miles easy pace	Cross Train or Rest	Long Run 4.5 miles slow and steady	Cross Train or Rest	Rest Day
Week 8 Running	Easy Run 3.5 miles easy pace	Cross Train or Rest	Easy Run 3.5 miles easy pace	Cross Train or Rest	Long Run 5 miles slow and steady	Cross Train or Rest	Rest Day
Week 9 Parkrun!	Easy Run 3 miles easy, save energy	Cross Train or Rest	Easy Run 2 miles short and easy	Cross Train or Rest	Rest Day	Cross Train or Rest	Parkrun! 5K race enjoy every step!
Week 10 Build	Easy Run 4 miles easy pace	Cross Train or Rest	Easy Run 4 miles easy pace	Cross Train or Rest	Tempo 4 miles incl. 1.5mi steady	Cross Train or Rest	Long Run 6 miles slow and steady

Week 11 Build	Easy Run 4 miles easy pace	Cross Train or Rest	Easy Run 4 miles easy pace	Cross Train or Rest	Tempo 4.5 miles incl. 2mi steady	Cross Train or Rest	Long Run 6.5 miles slow and steady
Week 12 Track	Easy Run 4 miles easy pace	Cross Train or Rest	Track 6x400m easy effort, enjoy it!	Cross Train or Rest	Tempo 4.5 miles incl. 2mi steady	Cross Train or Rest	Long Run 7 miles slow and steady
Week 13 Track	Easy Run 4 miles easy pace	Cross Train or Rest	Track 8x400m slightly quicker	Cross Train or Rest	Tempo 5 miles incl. 2.5mi steady	Cross Train or Rest	Long Run 7.5 miles slow and steady
Week 14 Track	Easy Run 4 miles easy pace	Cross Train or Rest	Track 6x400m at target effort	Cross Train or Rest	Tempo 5 miles incl. 2.5mi steady	Cross Train or Rest	Long Run 8 miles longest run — you're ready!
Week 15 Taper	Easy Run 3 miles easy, stay fresh	Cross Train or Rest	Easy Run 3 miles short and easy	Cross Train or Rest	Easy Run 2 miles very easy	Cross Train or Rest	Long Run 5 miles easy — save energy
Week 16 Race Week	Easy Run 2 miles light activation	Rest Day	Easy Run 2 miles short strides at end	Rest Day	Rest Day	Rest Day	Race Day! Run your 10K! You've got this!

Walk/Run	Easy Run	Tempo	Track	Long Run	Parkrun!	Easy = conversational pace · Tempo = comfortably hard 7/10 · Track = intervals with jog recovery · Rest days are essential
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