



10k Training Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Lift 3	1.5 miles easy	Lift 4	1.5 miles easy	15-20 minutes cardio	2 miles	XTrain or rest
2	Lift 3	1.5 miles easy	Lift 4	1.5 miles easy	15-20 minutes cardio	3 miles	XTrain or rest
3	Lift 1	2 miles easy	Lift 2	2 miles with hills	15-20 minutes cardio	2 miles/ Peakwood and Pancakes	XTrain or rest
4	Lift 1	2-3 miles	Lift 2	2 miles	15-20 minutes cardio	3.5 miles/ On Demo	XTrain or Rest
5	Lift 1	2-3 miles easy	Lift 2	3 miles with hills	15-20 minutes cardio	3 miles	XTrain or Rest
6	Lift 1	3 miles (1 mile WU, 1 mile tempo, 1 mile CD)	Lift 4	3 miles	20-30 minutes cardio	4 miles/ Joggin for Noggin 5K	XTrain or Rest
7	Lift 3	4 miles (1 mile WU, 1 mile tempo, 2 miles easy)	Lift 4	3 miles with hills	20-30 minutes cardio	4.5 miles/ Backpack 5K/10K	XTrain or Rest
8	Lift 3	3 miles (1 mile WU, 1 mile tempo, 1 mile CD)	Lift 4	3 miles	20-30 minutes cardio	5 miles/ Tough Cookie 5K	XTrain or Rest
9	Lift 3	4 miles (1 mile WU, 1 mile	Lift 4	3 miles with hills	30 minutes cardio	2.5 miles fast finish	XTrain or Rest

		tempo, 2 miles easy)					
10	Lift 3	2.5 miles	Lift 4	4 miles with hills	30 minutes cardio	3.5 miles EASY	XTrain or rest
11	Lift 3	3 miles	Lift 4	3 miles with hills	20 minutes cardio	3.5 miles fast finish	XTrain or rest
12	Rest	1 mile walk-run	15-20 minutes cardio	Rest	Rest	RACE DAY	

WU= Warm -Up, easy pace

CD= Cool Down, easy pace, walk if needed

Tempo= pace should be challenging, not able to carry on conversation

Fast Finish= try to end your run faster than you started

XTrain= something other than running that is still physical activity: hiking, biking, swimming, light strength training, yoga, etc.

Training Meetups:

Mondays – Starr Hill (6:15pm)

Fridays- Chris’s Coffee & Custard (8:30am)

Saturdays- RunAbout (8:00am)

Willing to lead a group in your neck of the woods? Email training@runaboutroanoke.com. All you need is the willingness to welcome other folks to join you and a somewhat consistent schedule. We are happy to add more to the schedule!