

10k Weekly Training Schedule							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	2 miles	off
2	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	3 miles	off
3	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	4 miles	off
4	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	5 miles	off
5	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	6 miles	off
6	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	5 miles	off
7	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	4 miles	off
8	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	6.2 miles race day	off