

5K To 10K Training Plan

In Just 6 Weeks

Designed For Beginner Runners
Who Have Just Run Their First 5K



 Love Life Be Fit

5K to 10K

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Run 2 miles	Cross Training 30-40 minutes	Run 2 miles	Rest Day	Fartlek 2 miles	Long Run 3 miles
2	Rest Day	Run 2.5 miles	Cross Training 30-40 minutes	Run 2 miles	Rest Day	Fartlek 2 miles	Long Run 3.5 miles
3	Rest Day	Run 2.5 miles	Cross Training 30-40 minutes	Run 2.5 miles	Rest Day	Fartlek 2 miles	Long Run 4 miles
4	Rest Day	Run 2.5 miles	Cross Training 30-40 minutes	Run 2.5 miles	Rest Day	Fartlek 2 miles	Long Run 5 miles
5	Rest Day	Run 2.5 miles	Cross Training 30-40 minutes	Run 3 miles	Rest Day	Fartlek 2 miles	Long Run 5.5 miles
6	Rest Day	Run 2 miles	Cross Training 20-30 minutes	Run 2 miles	Rest Day	Rest Day	10K Race!

- START EACH SESSION WITH A BRISK 5 MIN WARM UP WALK OR EASY JOG
- EASY PACED RUNS ARE AT A CONVERSATIONAL PACE - DON'T RUN TOO FAST
- IT'S OKAY TO TAKE WALK BREAKS DURING YOUR LONG RUN
- FARTLEK IS SPEEDPLAY - BURSTS OF FASTER RUNNING DURING AN EASY RUN
- DON'T SKIP THE CROSS TRAINING SESSIONS
- REPEAT A WEEK IF YOU'RE FINDING THE TRAINING TOUGH
- RESPECT REST DAYS - YOUR BODY NEEDS TO RECOVER

Get The Full 5K To 10K Training Plan @ [LOVELIFEBEFIT.COM](https://www.lovelifebefit.com)



5k And 10k Training

Charita Briggeman

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