



## 10K TRAINING PLAN

WEEK	M	T	W	T	F	S	S
1	TF	REST	TF	REST	TF	EP 3	CT
2	TF	REST	TF	REST	TF	EP 5	CT
3	TF	REST	TF	REST	TF	RP 4	CT
4	TF	REST	TF	REST	TF	EP 6	CT
5	TF	REST	TF	REST	TF	EP 7	CT
6	TF	REST	TF	REST	TF	RP 5	CT
7	TF	REST	TF	REST	TF	EP 8	CT
8	TF	REST	TF	REST	TF	EP 3	CT

TF- Treadfit Class

EP- Easy Pace

RP- Race Pace (See suggested goal pacing for race day)\*

CT- Cross Train (walk, bike, swim, elliptical, yoga)

\*A suggested race pace would be 1.0 -2.5 above easy pace depending on your experience and goals for race day. Suggested race paces: Light Jogger-1.0, Jogger- 1.5, Runner- 2.0, Elite- 2.5