



TREADFIT

10K TRAINING PLAN

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

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 is 1.0 -2.5 above easy pace depending on experience and goals for race day. Suggested race paces: Light Jogger-1.0, Jogger- 1.5, Runner- 2.0, Elite- 2.5