

# 10K Training Schedule



## 10-Week Program for a 10K Trail Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	20 min. Hills	Active Rest	20 min. Tempo	Active Rest	Cross-Training	40 min. Long Run	Rest
<b>WEEK 2</b>	20 min. Hills	Active Rest	20 min. Tempo	Active Rest	Cross-Training	45 min. Long Run	Rest
<b>WEEK 3</b>	30 min. Hills	Active Rest	30 min. Tempo	30 min. Easy	Cross-Training	60 min. Long Run	Rest
<b>WEEK 4</b>	35 min. Hills	30 min. Easy	15 min. Speed	30 min. Easy	Cross-Training	60 min. Long Run	Rest
<b>WEEK 5</b>	35 min. Hills	Active Rest	35 min. Tempo	30 min. Easy	Cross-Training	70 min. Long Run	Rest
<b>WEEK 6</b>	45 min. Hills	40 min. Easy	20 min. Speed	30 min. Easy	Cross-Training	80 min. Long Run	Rest
<b>WEEK 7</b>	45 min. Hills	Active Rest	40 min. Tempo	45 min. Easy	Cross-Training	80 min. Long Run	Rest
<b>WEEK 8</b>	60 min. Hills	45 min. Easy	25 min. Speed	45 min. Easy	Cross-Training	80 min. Long Run	Rest
<b>WEEK 9</b>	30 min. Hills	35 min. Easy	30 min. Tempo	30 min. Easy	Cross-Training	45 min. Long Run	Rest
<b>WEEK 10</b>	20 min. Easy	Active Rest	20 min. Easy	20 min. Easy	Rest	<b>YOUR TRAIL EVENT!</b>	Sleep