

# 4 WEEK 5K TO 10K TRAINING PLAN >>

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

1

Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	45 min Strength Training	Long Run 4 miles
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2

Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	45 min Strength Training	Long Run 4.5 miles
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3

Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	45 min Strength Training	Long Run 5 miles
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4

Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	45 min Strength Training	10k !
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Start off every workout with a brisk 5-minute walk to warm up!

Don't worry about your speed - just focus on being able to keep running (even if it's slow!)

For the Sunday long runs, try to run the whole way - but walking breaks are acceptable.

If in doubt or feeling tired, take an extra rest day or repeat a week.

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**MARATHON HANDBOOK**

# Running Training Plan

**TD Snyder**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Running Training Plan:**

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