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
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
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
4	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	45 min Strength Training	10k!



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.

For more advice, head to marathonhandbook.com!

Running Training Plan

Jack Daniels



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