

# 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 !



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.

For more advice, head to [marathonhandbook.com](http://marathonhandbook.com)!



# Running Training Plan

**Andrew Kastor**





## Running Training Plan:

Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race Krissy Moehl, 2022-03-08

Updated and expanded new edition An Updated Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt Krissy Moehl is a top female ultramarathon runner respected by her peers and an inspiration to runners everywhere With enhanced chapter information quotes from pillars in the sport and her updated training plans including write in running logs to keep track of progress you ll be able to train for your first ultra like a pro Moehl s experience translates into the most effective and easy to follow training method broken down into phases to help all runners take it to the next level and accomplish their goals She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear She also shares her love of the sport by providing helpful tips bonus content and personal stories With this book you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon

Easy Running Plans Jeff Gaudette, 2025-06-17 Hit the ground running with this easy total body training guide Whether you re a weekend runner looking to get in better shape or a road warrior aiming to tackle your first marathon Easy Running Plans has something for you Throughout this book you ll learn the most effective stretching routines strength workouts and technique drills for runners culminating in seven easy to follow running plans Whatever your goal may be these plans will help you get there And with the total body approach you ll not only get the most out of your runs but acquire the skills necessary to keep injuries at bay Easy Running Plans contains the following Lace up Choose the training schedule that best suits your needs whether you re looking to make steady gains or have your sights set on a 5k 10k half marathon or marathon Study up Learn the fundamentals of proper running form stride injury prevention and recovery Speed up Improve your speed strength and endurance with detailed illustrations depicting over 40 stretches exercises and drills all of which can be performed at home with little to no equipment When you re ready to elevate your running game pick up a copy of this book and get moving

**A Beginner's Guide to Marathon Training (Running, Training, Fitness)** Jasmine Evans, 2012-02-24 ABOUT THE BOOK So you want to run a marathon Everyone who makes the decision to run a marathon has their own reasons Maybe you want to train for a particular race Or maybe you want to lose weight Or perhaps you just want to try a new form of exercise Or or or the list goes on and on If you are a beginner and you have made the lofty decision to train to run a marathon then this is the guide for you Are you a beginner For this guide if you cannot yet run for 30 minutes straight you are a beginner If you cannot run 30 minutes or cannot run for just 10 minutes don t worry you will get there soon This guide will also be helpful for people who are in shape but do not run For instance if you have been doing martial arts for years consider yourself physically fit and do not run you can still benefit from this guide Running can have all sorts of benefits One of the most common benefits is the possibility of weight loss Combined with healthy eating running is a great way to lose excess body fat MEET THE AUTHOR Jasmine Evans is a



graduate of Princeton University who has been writing fiction and nonfiction on and off since the 8th grade At Princeton she majored in Sociology and minored in African American Studies She currently writes for two blogs one about education and the other about job hunting For fun Jasmine likes to read exercise and play with her bunny Penelope EXCERPT FROM THE BOOK There are all kinds of fancy gadgets out there for runners From devices that go in your shoe to track your movements to running pants with reflectors on them for those who run at night there are so many things you could buy that it can be a little overwhelming The most important piece of running equipment you buy are the shoes Beat up shoes you pull from the back of your closet will not work Tennis shoes or shoes made for fashion will not work either You need a good pair of running shoes that will support your feet and ankles Active com Basic Gear for a Beginning Runner It is also not as simple as going to your nearest shoe store and picking out the prettiest running shoe There are three different kinds of running shoes Buy a copy to keep reading

**Advanced Marathonning** Pete Pfitzinger, Scott Douglas, 2019-07-25 If you've set your sights on shaving minutes off your time it's time to ramp up your training with Advanced Marathonning Third Edition Find the plan that works best for you from the detailed day by day training schedules by choosing between 18 and 12 week preparation and selecting weekly distances of 55 to 70 70 to 85 or 85 plus miles If you run marathons close together you'll find 6 to 12 week training plans to maximize your training time and recovery For older marathoners there is a full chapter dedicated to their unique training nutrition and recovery needs Complement your running workouts with strength core and flexibility exercises to help keep injury at bay Learn how current technologies such as GPS and online logs can help you analyze your training and performance and set goals for future races Draw inspiration and insights from elite marathoners such as Galen Rupp Eliud Kipchoge and Molly Huddle Implement cutting edge nutrition and hydration strategies and recovery techniques to feel and run your best Advanced Marathonning gives ambitious marathoners the information needed to train smarter remain injury free and cross the next finish line stronger and faster than ever

**50-Mile Ultra-Marathon Training Schedule** Elite Runner, 2020-01-09 An ultramarathon also called ultra distance or ultra running is any footrace longer than the traditional marathon length of 42.195 kilometres (26.219 mi) If marathons have become too easy for you What was once the pinnacle of achievement in a runner's life is now a stepping stone for extraordinary adventure in ultramarathoning This book is training program In a more 16 weeks you can be ready for a 50 miles This schedule is ideal for busy runners looking to take on an ultra marathon 50 Mile Ultra Marathon Training schedule includes 16 Week training plan In a 16 weeks you can be ready for a 50 miles This schedule is ideal for busy runners looking to take on an ultra marathon The Ultra Marathon training plan key Running Log 16 Week for keep record training Duration Distance Average Pace

**Running Your First Marathon** Andrew Kastor, 2018-01-09 Andrew Kastor has taken the tried and true principles that all us pros follow and made them available and applicable for everyone Just as Andrew has helped me on my journey he is sure to help you on yours Ryan Hall US Olympic Marathoner holder of the US record in the half marathon and marathon training expert As a marathon training



coach for world class runners and Olympic medalists Andrew Kastor knows what it takes to get to the finish line Whether you are planning to run a full or half marathon Coach Kastor s marathon training program conditions you to set achievable goals get in shape and stay motivated With an easy to follow 20 week marathon training schedule for building strength and endurance plus expert advice from record holding runners on what to expect Running Your First Marathon is the only coaching you ll need to go the distance Running Your First Marathon lays out a goal oriented marathon training program with A 20 Week Marathon Training Program detailed day by day marathon training schedules and space to track your progress Marathon Training 101 advice and tips from world class marathoners on marathon training fueling your body avoiding injury and race day preparation Motivational Marathon Training Boosts from Coach Kastor and other famous runners to help you stay on track during marathon training Running Your First Marathon will not only inspire you but also help train your mind and body to unlock hidden potential Shalane Flanagan Olympic Silver Medalist NYC Marathon champion American record holder and marathon training pro

**Runner's World Run Less, Run Faster, Revised Edition** Bill Pierce, Scott Murr, Ray Moss, 2012-04-10 Advises on how to run faster by running less providing a variety of training programs tailored to qualifying times for the Boston Marathon and an overview of the 3PLUS2 program aimed at improving endurance

**Runner's World Complete Book of Beginning Running** Amby Burfoot, 2005-03-02 A handbook for novice runners guides the beginner through the fundamental techniques and equipment of the sport covering such topics as selecting the right shoes preventing injury nutrition training advice and preparing for a race

**Hill Running** Jeff Grant, 2018-05-16 Building on the successful coaching themes in his first book Flow State Runner Coach Jeff Grant shares in this powerful integrated coaching guide the keys to not only surviving but thriving in the hills He draws on his experience as an ultra runner yoga teacher mental toughness coach and adventurer to make a positive impact on your running and life Jeff also shares insights from training and racing in the Swiss Alps Jeff provides clear and insightful lessons on the key themes of hill running technique and strength and conditioning that will teach you how to survive your hill running challenges Where Jeff s coaching approach really stands out is his use of innovative Mind Hacks and Mental Training lessons that will teach you how to thrive in the hills You will quickly see why people in many countries seek out Jeff s coaching when pursuing major running goals and ultimately apply his coaching techniques to improve the navigation of challenges in others areas of their lives

**Daniels' Running Formula** Jack Daniels, 2013-12-31 Get in the best shape of your running career with the help of Daniels Running Formula the book that Runner s World magazine calls the best training book Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger longer and faster Choose a program to get in shape target a race program or regain conditioning after layoff or injury Train for competition with programs for 800 meters 1500 meters to 2 miles cross country races 5K to 10K 15K to 30K and marathon events Each program incorporates training intensities to help you build endurance strength and speed With



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**Smart Running** Jen Benson, Sim Benson, 2024-04-18 Have you ever wondered about the secret to becoming a better runner Has your training plateaued and you don't know why Do you keep getting injured or are you struggling to get back into running after some time out Have you done a few shorter races but want to progress up to a marathon Smart Running by Jen and Sim Benson will cut through the jargon and answer all your running questions helping you to become a fitter faster and stronger runner Jen and Sim delve into the science of physiology psychology training and nutrition before carefully and clearly explaining how to build yourself a bespoke and customisable training plan one that moulds around your life and will help you smash your running goals Thorough workout descriptions are included so you'll be confident in your training and get the results you're after The science behind recovery hydration and strength and conditioning work is explained along with how to choose the best and most sustainable kit for your adventures Tips for race day nerves psychological skills to help your running how to prevent and deal with injuries running in the heat and cold and finding the best routes are all covered along with specific considerations for female and older runners

**Running with Power: Getting Started** Steve Bateman, 2025-07-07 Beyond Pace and Heart Rate Unlocking running Power Realise your potential Achieve your full running potential by Running with Power This comprehensive guide helps you choose the right equipment and apps to collect analyse and truly understand your running power Productive training Discover how quantifying your effort makes it possible to assess your running fitness ensuring every training session is productive no more guessing if you're pushing too much or not enough Minimise injury risk By understanding the impact of your training you'll minimise injury risk and achieve consistent healthier progress No more hopeful goal times On race day set targets based on your measured fitness instead of relying on a hopeful goal time Achieve your personal best Personalised race day power targets mean you can run harder for longer and deliver on your potential optimising your race to achieve your personal best Includes information about the Stryd footpod wrist based power and apps for planning executing and reviewing your runs Covers fundamental concepts to provide a firm foundation on which you can continue to build your understanding of running power Written by an England Athletics certified coach with participation from a team of testers this is the book you've been looking for to Get Started Running with Power

**Running Injury Free** Allen Leigh, **Run Faster from the 5K to the Marathon** Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster unlock your potential and reach peak performance with this practical guide featuring training advice from a former Olympic trials marathoner and coach to Olympians Reading this



book can help take you to the next level and keep pushing you up as far and fast as you want to go Sarah Toland former NCAA All American USA National Cross Country Team member and Olympic Trials qualifier for the 5 000 and 10 000 Brad Hudson is the most innovative running coach to come along in a generation Until now only a handful of elite athletes have been able to benefit from his methods With Run Faster from the 5K to the Marathon Hudson shows all runners how to coach themselves as confidently and effectively as he coaches his world class athletes Becoming your own best coach is the ticket to running faster at any distance First you will learn to assess your abilities Then you ll learn how to devise a training program specifically geared to you Filled with easy to follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced this is the cutting edge guide for optimal performance With Hudson s guidance you can train smarter and more effectively and avoid injury And you ll soon be running faster than you ever thought possible     **Daniels' Running Formula-3rd Edition** Jack Daniels,2013-12-31 Get in the best shape of your running career Daniels provides a results proven formula to guide you through training at the right intensity to run stronger longer and faster Each program incorporates training intensities to help you build endurance strength and speed

Runner's World Best: Injury-Free Running Adam Beam,2006-08-22 Draws on expert advice on how to limit pain and injury risks as well as minimize recovery and rehabilitation times providing coverage of common injuries while providing a wealth of tips on everything from training and stretching to selecting equipment and maintaining a proper running form Original     The Ultimate Trail Running Handbook Claire Maxted,2021-01-07 Filled to the brim with advice tips and inspiration to enable you to achieve your dreams over whatever distance you want your legs to carry you Chrissie Wellington OBE four time Ironman Triathlon World Champion From complete beginners to seasoned off road runners The Ultimate Trail Running Handbook has all the training and nutrition advice skills gear and motivation you need to become a fit and confident trail runner There are training plans that take newcomers from 5k parkrun to first trail marathon while for experienced runners there are sections on strength work injury prevention and advanced training plans to boost performance up to 50k 30 miles To keep you enjoying every step you ll find advice on how to choose the right gear over 20 easy healthy recipes inspiring stories from real trail runners and advice from top athletes and coaches And if you want to explore new trails you can use the navigation and route planning section to create your own exciting off road adventure If you re a trail runner or would like to become one this book is your new best friend     **Smart Marathon Training** Jeff Horowitz,2011-10-01 Old school marathon training plans ask runners to crank out 70 to 100 miles a week It s no wonder those who make it to the start line are running ragged Smart Marathon Training maps out a healthier more economical approach to training that emphasizes quality over quantity With more than 75 detailed exercises plus six easy to follow training plans for half and full marathons Smart Marathon Training will get you to the starting line feeling refreshed and ready to run your best race yet This innovative program eliminates junk miles paring down training to three essential runs per week and adding a dynamic



strength and cross training program to build overall fitness Runners will train for their best performance in less time and avoid the injuries overtraining and burnout that come from running too much Smart Marathon Training builds up a runner's body to resist injury Runners gain the strength they need to run long using functional exercises that target the hips glutes and quads Running is a full body sport so this training program also builds a strong core and upper body to avoid injuries that begin above the waist No one fakes a marathon or half marathon everyone has to do the work But Smart Marathon Training replaces long grinding miles with low impact cross training Horowitz outlines a cycling plan to complement run workouts boosting base fitness while saving runners bodies for their best runs Lore of Running Timothy Noakes,2003 Dr Noakes explores the physiology of running all aspects of training and recognizing avoiding and treating injuries 133 illustrations **Running** Jeff Galloway,2005 You don't have to wonder anymore what to do each day This book will organize your running life telling you what to run with other optional exercises throughout the year to prepare for the goal of your choice even if you want to be a more consistent runner With each week's workouts you'll receive a motivational tip with suggestions about how to increase your running enjoyment Page 4 of cover



The Top Books of the Year Running Training Plan The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. Running Training Plan : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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