

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!

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