

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!

Running Training Plan

Camilla Rothe



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