

10K

RUN/WALK | 8 WEEK TRAINING PLAN

GREATRUN.ORG



great *run*[®]
series

BE YOUR GREATEST

WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
REST	6 x (1 min easy run, 1 min easy walk)	REST	REST	20 min brisk walk	REST	1 mile (1 min easy run, 1 min easy walk)

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min brisk walk	REST	REST	8 x (1 min easy run, 1 min easy walk)	REST	1.5 miles (1.5 min easy run, 1.5 min easy walk)

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min brisk walk	REST	REST	10 x (1 min easy run, 1 min easy walk)	REST	2 miles (1.5 min easy run, 1.5 min easy walk)

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min brisk walk	REST	REST	12 x (1 min easy run, 1 min easy walk)	REST	2.5 miles (2 min easy run, 1.5 min easy walk)

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WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	5 x (3 min easy run, 2 min easy walk)	REST	3 miles (2 min easy run, 1 min easy walk)

WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	3.5 miles (2 min easy run, 1 min easy walk)

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	4 miles (2 min easy run, 1 min easy walk)

WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min easy walk	REST	REST	10 min easy walk + 4 x (3 min easy run, 1 min easy walk)	REST	EVENT DAY GOOD LUCK!