

8 week to 10K schedule- beginners

The 10K (6.2 miles) distance is very popular with beginner runners, especially those who have done a 5K race, but don't feel they're quite ready to take on the half-marathon.

Below is an eight-week training schedule to help get you to the finish line. It assumes that you can already run at least 2 miles. If you've never run before, follow this step-by-step plan for building a running base.

Notes about the schedule:

Mondays and Fridays: Mondays and Fridays are rest days. Rest is critical to your recovery and injury prevention efforts, so don't ignore rest days. Your muscles actually build and repair themselves during your rest days. So if you run every day without taking days off, you won't see much improvement.

Tuesdays and Thursdays: Run at a comfortable, conversational pace for the designated mileage. If you feel good during the last mile, pick up the pace a little so you're running at your anticipated 10K race pace.

Saturdays: This is your long run day. After you warm up, run at a comfortable, conversational pace for the designated mileage.

If you're running outside, and you're not sure how far you run, you can figure out the mileage by using sites such as MapMyRun.com. Or, you can always drive your route in your car and measure the mileage using your car odometer beforehand.

Wednesdays: Do a cross-training (CT) activity (biking, swimming, elliptical trainer) at easy to moderate effort for 30 to 40 minutes. Strength-training is also very beneficial to get stronger and more injury-resistant. If you're feeling very sluggish or sore, take a rest day.

Sundays: This is an active recovery day. Your run should be at an easy, comfortable pace, which helps loosen up your muscles. Or, you can do a run/walk combination or cross-train.

Note:

You can switch days to accommodate your schedule. So if you're busy on another day and prefer to workout on a Monday or Friday, it's fine to swap a rest day for a run day.

Beginner Runners' 10K Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1.5 m run	CT or Rest	1.5 m run	Rest	2 m run	25-30 min run or CT

2	Rest	2 m run	CT or Rest	2 m run	Rest	2.5 m run	25-30 min run or CT
3	Rest	2.5 mi run	CT or Rest	2 m run	Rest	3.5 m run	30-35 min run or CT
4	Rest	2.5 m run	CT or Rest	2 m run	Rest	3.5 m run	35 min run or CT
5	Rest	3 m run	CT or Rest	2.5 m run	Rest	4 m run	35-40 min run or CT
6	Rest	3 m run	CT	2.5 m run	Rest	4.5 m run	35-40 min run or CT
7	Rest	3.5 m run	CT	3 m run	Rest	5 m run	40 min run or CT
8	Rest	3 m run	CT or Rest	2 m run	Rest	Rest	10K Race!