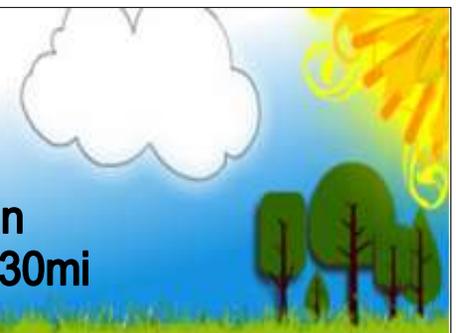




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8 Week 10k Training Plan

Goal race time ~ 52min
Weekly Distances 22mi - 30mi



Day 1 4mi EZ	Day 2 3mi EZ	Day 3 ~5mi Tempo 3mi @8:45	Day 4 Rest or C/T	Day 5 3mi EZ	Day 6 8mi LR	Day 7 Rest or C/T	WK 1 ~23mi	~ = approx b/w = between w/ = with C/T= Cross Train (Swim, plyometrics, cycle, abs, push-ups) see our training page for C/T tips. EZ = easy LR = Long Run
Day 8 5mi EZ	Day 9 4mi EZ	Day 10 ~5mi Speed work 4x800m @4:00 w/ 400m jogs b/w	Day 11 Rest or C/T	Day 12 4mi EZ	Day 13 9mi LR	Day 14 Rest or C/T	WK 2 ~27mi	
Day 15 5mi EZ	Day 16 3mi EZ	Day 17 ~5mi Tempo 3mi @8:40	Day 18 4mi EZ	Day 19 Rest or C/T	Day 20 9mi LR	Day 21 Rest or C/T	WK 3 ~26mi	
Day 22 6mi EZ	Day 23 Rest or C/T	Day 24 5mi EZ	Day 25 5mi EZ	Day 26 Rest	Day 27 7mi LR	Day 28 Rest	WK 4 ~23mi	

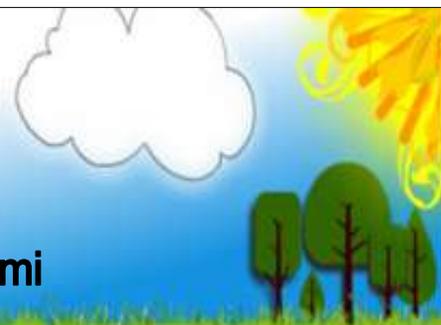
Please consult with your health care provider for before starting this or any endurance training plan.



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8 Week 10k Training Plan

Goal race time ~ 52min
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Day 29 5mi EZ	Day 30 4mi EZ	Day 31 ~5mi Tempo 4mi @ 8:40	Day 32 Rest or C/T	Day 33 4mi EZ	Day 34 9mi LR	Day 35 Rest	WK 5 ~27mi	-Add a warm up, dynamic stretching and drills before every Speed work & Tempo workout and a cool down jog after. -Hit the trails on 1 or 2 of your EZ days.
Day 36 5mi EZ	Day 37 5mi EZ	Day 38 ~6mi Speed work. 5x 800m @3:50 w 400m job b/w	Day 39 4mi EZ	Day 40 Rest or C/T	Day 41 10mi LR	Day 42 Rest or C/T	WK 6 ~30mi	
Day 43 4mi EZ	Day 44 5mi EZ	Day 45 ~6mi Tempo 4mi @ 8:30	Day 46 Rest	Day 47 3mi EZ	Day 48 10mi LR	Day 49 Rest or C/T	WK 7 ~28mi	
Day 50 Rest	Day 51 4mi EZ	Day 52 5mi EZ	Day 53 5mi Tempo 3mi @ 8:45	Day 54 Rest or C/T	Day 55 3mi EZ	Day 56 10K Race Day! Adventure Geek Out!	WK 8 ~23mi	

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