

10km Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	2.5km	REST DAY	3km	REST DAY	2.5km	5.5km	REST DAY
Week 2	2.5km	REST DAY	2.5km	REST DAY	REST DAY	6km	REST DAY
Week 3	3km	REST DAY	4.5km	REST DAY	4km	7km	REST DAY
Week 4	REST DAY	REST DAY	2.5km	REST DAY	REST DAY	REST DAY	REST DAY
Week 5	4km	REST DAY	4.5km	REST DAY	4km	8km	REST DAY
Week 6	3km	REST DAY	2.5km	REST DAY	REST DAY	6.5km	REST DAY
Week 7	4.5km	REST DAY	5.5km	REST DAY	4.5km	9.5km	REST DAY
Week 8	2.5km	REST DAY	5km	REST DAY	2.5km	6.5km	REST DAY
Week 9	REST DAY	3km	REST DAY	1.5km	REST DAY	1km	EVENT DAY

