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TEN WEEK CALENDAR

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10-Weeks to 10K Training

W	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Set goal time 4	5	(1) mile 6	7	8	9	10
2	11	(2) miles 12	13	14	Cross training 15	16	17
3	(2.5) miles 18	19	20	Interval training 21	22	23	24
4	(3) miles 25	26	27	Cross Training 28	29	30	31
5	2	(3.5) miles 3	4	5	Increase intervals 6	7	8
6	(4) miles 9	10	11	Hill Run 12	13	14	15
7	16	(4.5) miles 17	18	19	(2) mile recovery 20	21	22



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