

COUCH TO 10K TRAINING PLAN: 8 WEEKS, FOR ACTIVE PEOPLE!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	12 Minute Long Run
2	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	18 Minute Long Run
3	Rest or Cross-train	15 x 30 secs walk / 90 secs run	Rest or Cross-train	15 x 30 secs walk / 90 secs run	Rest or Cross-train	Rest or Cross-train	26 Minute Long Run
4	Rest or Cross-train	10 x 1 min walk / 2 min run	Rest or Cross-train	10 x 1 min walk / 2 min run	Rest or Cross-train	Rest	Run 5K!
5	Rest or Cross-train	2.5 mile run	1.5 mile run	Rest or Cross-train	2.5 mile run	Rest or Cross-train	4 Mile Long Run
6	Rest or Cross-train	2.5 mile run	1.5 mile run	Rest or Cross-train	2.5 mile run	Rest or Cross-train	4.5 Mile Long Run
7	Rest or Cross-train	3 mile run	4 mile run	Rest or Cross-train	3 mile run	Rest or Cross-train	5 Mile Long Run
8	Rest or Cross-train	3 mile run	4 mile run	Rest or Cross-train	3 mile run	Rest Day	Run 10K!

- Start off every workout with a brisk 5 minute walk to warm up!
- Don't worry about your speed - just focus on being able to keep running (even if it's slow!)
- If in doubt or feeling tired, take an extra rest day or repeat a week.
- Strength train 3 x per week.
- Get the full 8 Week Couch To 10K Training Plan + Advice at marathonhandbook.com