














































4-WEEK 10K TRAINING PLAN

TRAIL & KALE

Visit trailandkale.com/tips/4-week-10k-training-plan/ for your **companion guide** containing training advice & motivation to keep you on track for 10k race day success.

Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance ▼
1	 Rest / Stretch	  2 miles	  2 miles <i>Intervals</i>	  30 mins <i>cross train</i>	  4 miles <i>tempo run</i>	Rest	  5 miles	13 miles
2	 Rest / Stretch	  2 miles	  2.5 miles <i>Intervals</i>	  30 mins <i>cross train</i>	  3.5 miles <i>tempo run</i>	Rest	  6 miles	14 miles
3	 Rest / Stretch	  3 miles	  3 miles <i>Intervals</i>	  30 mins <i>cross train</i>	  4 miles <i>tempo run</i>	Rest	  6.5 miles	15.5 miles
Race Week 4	 Rest / Stretch	  4 miles	  3 miles <i>Intervals</i>	  30 mins <i>cross train</i>	  2 miles	Rest	10k    6 miles	15 miles