


















































# 6-WEEK 10K TRAINING PLAN

## TRAIL & KALE

Visit [trailandkale.com/tips/6-week-10k-training-plan-for-beginners/](https://trailandkale.com/tips/6-week-10k-training-plan-for-beginners/) 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 ▼
<b>1</b>	Rest	 2 miles 	Rest	 2 miles 	 30 mins 	Rest	 3 miles 	7 miles
<b>2</b>	Rest	 2.5 miles 	Rest	 2 miles 	 30 mins 	Rest	 4 miles 	8.5 miles
<b>3</b>	Rest	 3 miles 	Rest	 2 miles 	 30 mins 	Rest	 4 miles 	9 miles
<b>4</b>	Rest	 3 miles 	Rest	 2 miles 	 30 mins 	Rest	 5 miles 	10 miles
<b>5</b>	Rest	 3 miles 	Rest	 3 miles 	 30 mins 	Rest	 5 miles 	11 miles
Race Week <b>6</b>	Rest	 3.5 miles 	Rest	 3 miles 	 30 mins 	Rest	<b>10k</b>    6 miles	12.5 miles