

10 Mile Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 miles	Cross Training	2 miles (2 x 400)	Strength Training	2 miles OR Cross Train	3 miles	Rest
2	2 miles	Cross Training	2.5 miles (3 x 400)	Strength Training	2 miles OR Cross Train	3 miles	Rest
3	3 miles	Cross Training	3 miles (2 x 800)	Strength Training	2 miles OR Cross Train	4 miles	Rest
4	3 miles	Cross Training	3 miles (3 x 400)	Strength Training	2 miles OR Cross Train	5 miles	Rest
5	4 miles	Cross Training	3 miles (4 x 400)	Strength Training	2 miles OR Cross Train	4 miles	Rest
6	4 miles	Cross Training	3.5 miles (5 x 400)	Strength Training	2 miles OR Cross Train	5 miles	Rest
7	5 miles	Cross Training	4 miles (4 x 800)	Strength Training	2 miles OR Cross Train	6 miles	Rest
8	4 miles	Cross Training	3 miles (4 x 400)	Strength Training	2 miles OR Cross Train	7 miles	Rest
9	5 miles	Cross Training	4 miles (6 x 400)	Strength Training	2 miles OR Cross Train	8 miles	Rest
10	6 miles	Cross Training	5 miles (8 x 400)	Strength Training	2 miles OR Cross Train	9 miles	Rest
11	4 miles	Cross Training	3 miles (2 x 800)	Strength Training	2 miles OR Cross Train	4 miles	Rest
12	3 miles	Yoga	2 miles	2 miles OR rest	Rest	Race Weekend!	