# 6 Week 10k Training Plan

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 1 | 2 miles | Strength Training | 2 miles | 2 miles | Cross Training | 3 miles | Rest |
| 2 | 2 miles | Strength Training | 2 miles (2 x 400) | 3 miles | Cross Training | 4 miles | Rest |
| 3 | 2 miles | Strength Training | 2.5 miles (3 x 400) | 3 miles | Cross Training | 5 miles | Rest |
| 4 | 3 miles | Strength Training | 2 miles (2 x 800) | 3 miles | Cross Training | 6 miles | Rest |
| 5 | 3 miles | Strength Training | 4 miles (5 x 400) | 2 miles | Cross Training | 3 miles | Rest |
| 6 | 3 miles | Yoga | 2 miles | 2 miles OR rest | Rest | Race Weekend! | |

Runnin' for Sweets
Running Tips | Workout Ideas | Fitness Motivation