

10-Mile Training Schedule Novice

Choose the 10-Mile Training Schedule if you are new to running or walking, or returning after a lay off. Remember, it's okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks --- walking for a certain amount of time after running for a number of minutes or walking first and building into a run. This run/walk combo can be repeated throughout a run.

10-Mile Training Schedule-Novice

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	2 m run	30 min cross	2 m run+ strength	Rest	2 mile run	30 min cross
2	Stretch & Strengthen	3 m run	30 min cross	2 m run+ strength	Rest	3 mile run	30 min cross
3	Stretch & Strengthen	3 m run	35 min cross	2 m run+ strength	Rest	4 mile run	30 min cross
4	Stretch & Strengthen	2 m run	35 min cross	2 m run+ strength	Rest	2 mile run	40 min cross
5	Stretch & Strengthen	4 m run	40 min cross	3 m run+ strength	Rest	5 mile run	40 min cross
6	Stretch & Strengthen	4 m run	40 min cross	3 m run+ strength	Rest	6 mile run	50 min cross
7	Stretch & Strengthen	3 m run	45 min cross	3 m run+ strength	Rest	4 mile run	50 min cross
8	Stretch & Strengthen	5 m run	45 min cross	3 m run+ strength	Rest	7 mile run	60 min cross
9	Stretch & Strengthen	5 m run	45 min cross	3 m run+ strength	Rest	8 mile run	60 min cross
10	Stretch & Strengthen	3 m run	30 min cross	2 m run+ strength	2 m run or Rest	Rest	The 10 Mile!

10-Mile Training Schedule Intermediate

Choose the 10-Mile Training Schedule if you are currently walking or running 10–15 miles per week with a longest run / walk of 3–5 miles. Remember, it's okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks --- walking for a certain amount of time after running for a number of minutes, or walking first and building into a run. This run/walk combo can be repeated throughout a run.

10-Mile Training Schedule-Intermediate

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m run+ strength	4 m run	4 x 800 5K Pace	2 m run+ strength	Rest	6 mile run	60 min cross
2	3 m run+ strength	5 m run	30 min tempo	3 m run+ strength	Rest	7 mile run	60 min cross
3	3 m run+ strength	6 m run	5 x 800 5K Pace	4 m run+ strength	Rest	8 mile run	60 min cross
4	3 m run+ strength	4 m run	30 min tempo	2 m run+ strength	Rest	4 mile run	60 min cross
5	3 m run+ strength	5 m run	6 x 800 5K Pace	3 m run+ strength	Rest	7 mile run	60 min cross
6	3 m run+ strength	6 m run	30 min tempo	4 m run+ strength	Rest	8 mile run	60 min cross
7	3 m run+ strength	4 m run	7 x 800 5K Pace	2 m run+ strength	Rest	4 mile run	60 min cross
8	3 m run+ strength	5 m run	30 min tempo	3 m run+ strength	Rest	9 mile run	60 min cross
9	3 m run+ strength	6 m run	8 x 800 5K Pace	4 m run+ strength	Rest	10 mile run	60 min cross
10	3 m run+ strength	4 m run	30 min tempo	4 m run	1-2 m run	Rest	The 10 Mile!

10-Mile Training Schedule Advanced

Choose the Advanced 10-Mile Training Schedule if you are comfortable walking or running 20 miles/week, with a long run/walk of 6-8 miles. Remember, it's okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks --- walking for a certain amount of time after running for a number of minutes, or walking first and building into a run. This run/walk combo can be repeated throughout a run.

10-Mile Training Schedule-Advanced

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m run+ strength	30 min tempo	6 x 400 mile pace	3 m run+ strength	Rest or 3 mile	5 mile run	3 mile pace
2	3 m run+ strength	35 min tempo	3 x 800 5K Pace	4 m run+ strength	Rest or 3 mile	6 mile run	4 mile pace
3	3 m run+ strength	40 min tempo	7 x 400 mile pace	5 m run+ strength	Rest or 3 mile	7 mile run	5 mile pace
4	3 m run+ strength	30 min tempo	4 x 800 5K Pace	3 m run+ strength	Rest or 3 mile	4 mile run	3 mile pace
5	3 m run+ strength	40 min tempo	8 x 400 mile pace	4 m run+ strength	Rest or 3 mile	9 mile run	4 mile pace
6	3 m run+ strength	45 min tempo	5 x 800 5K Pace	5 m run+ strength	Rest or 3 mile	10 mile run	5 mile pace
7	3 m run+ strength	30 min tempo	9 x 400 mile pace	3 m run+ strength	Rest or 3 mile	5 mile run	3 mile pace
8	3 m run+ strength	40 min tempo	6 x 800 5K Pace	4 m run+ strength	Rest or 3 mile	12 mile run	5 mile pace
9	3 m run+ strength	45 min tempo	10 x 400 mile pace	5 m run+ strength	Rest or 3 mile	13 mile run	6 mile pace
10	3 m run+ strength	30 min tempo	3 x 800 5K Pace	2 m run+ strength	1-2 mile run	Rest	The 10 Mile!