



**CORVALLIS & ALBANY
SPORT & SPINE
PHYSICAL THERAPY**



10K Novice Training Plan

10k Novice

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	2 miles	Cross	2 miles	Rest	Cross	3 miles
Week 2	Rest	2 miles	Cross	2.5 miles	Rest	Cross	3.5 miles
Week 3	Rest	2.5 miles	Cross	2.5 miles	Rest	Cross	4 miles
Week 4	Rest	2 miles	Cross	2.5 miles	Rest	Cross	3 miles
Week 5	Rest	2.5 miles	Cross	3 miles	Rest	Cross	4.5 miles
Week 6	Rest	3 miles	Cross	3.5 miles	Rest	Cross	5 miles
Week 7	Rest	3.5 miles	Cross	3.5 miles	Rest	Cross	5.5 miles
Week 8	Rest	4 miles	Cross	3 miles	Rest	Cross	4 miles
Race Week!	Rest	3 miles	Cross	3 miles	Rest	Cross	10k

RACE DAY!

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc.)

Consider making Thursday a tempo run or other speed work

For a more advanced plan consider a track workout Wednesday with HOTV and flip-flopping Thursday/Friday

- This creates a plan running 4x per week

This is a very loose schedule. Take it and modify as needed to work with your life.

- The specific days are not as important as the number of days and the overall mileage per session

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