



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



## Couch to 10K Training Plan

### Couch to 10k

w/r = walk run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	1 mile w/r	Cross	1 mile w/r	Rest	Cross	1.5 miles w/r
Week 2	Rest	1.5 miles w/r	Cross	1.5 miles w/r	Rest	Cross	2 miles w/r
Week 3	Rest	1 mile	Cross	1 mile	Rest	Cross	1.5 miles
Week 4	Rest	1 mile	Cross	1.5 miles	Rest	Cross	2 miles
Week 5	Rest	1.5 miles	Cross	2 miles	Rest	Cross	2.5 miles
Week 6	Rest	2 miles	Cross	2.5 miles	Rest	Cross	3 miles
Week 7	Rest	2.5 miles	Cross	3 miles	Rest	Cross	4 miles
Week 8	Rest	3 miles	Cross	3 miles	Rest	Cross	5 miles
Week 9	Rest	2 miles	Cross	2 miles	Rest	Cross	<b>10k (6.22 mi)</b>

**RACE DAY!**

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

Shoot for 50/50 with the walk/run intervals the first couple weeks, but feel free to do more or less as your body allows

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

**Access online PDF at:** [csspt.com/2019/09/27/1k-5k-and-10k-training-plans/](https://csspt.com/2019/09/27/1k-5k-and-10k-training-plans/)

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