



# 10K TRAINING PROGRAM

# HOW TO USE THIS TRAINING PROGRAM

This 8-week program is designed to help you prepare for your race in a clear, sustainable, and realistic way. The goal is not perfection – the goal is consistency, health, and confidence on race day.

## CHOOSING YOUR LEVEL

### **Beginner (No Time Goal)**

New to running or returning after time away. Focus is completion and consistency.

### **Intermediate (Pace Guide used)**

Running regularly (3–4 days/week). Comfortable with light structure and pacing guidance.

### **Advanced (Pace Guide Used)**

Experienced runner with prior races. Comfortable with structured workouts and pace intent. When in doubt, choose the easier level. Staying healthy matters more than training harder.

## WEEKLY STRUCTURE

Each week is laid out Monday–Sunday.

- Beginner: 3–4 run days
- Intermediate: 4 run days
- Advanced: 5 run days (Additional Easy Run if volume is sustained)



# RUN TYPES (KEEP IT SIMPLE)

**Easy Run:** Comfortable, conversational pace.

**Interval / Threshold Run:** Controlled effort with purpose. Challenging, but not all-out.

**Long Run:** Slower than race pace. Focus on time on feet.

**Optional Run:** Extra mileage only if you feel good

**Rest / Off:** No running. Recovery supports progress.

## USING THE PACE GUIDE

Each program includes a pace reference page. Consistency beats precision.

- Use paces as guidelines, not rules
- Beginner runners should prioritize effort over numbers
- Adjust for fatigue, weather, and terrain
- Missing a run is not a problem, Do not try to “make up” missed sessions

**This program is a guide. Listen to your body, stay consistent, and focus on progress over perfection**



# PACE GUIDE

## First Ever -10k

Reference Before Each Run

### 10k Goal: Finish

Training Paces (Simple, Effort-based)

**Easy (E):** Conversational (RPE 3/ 10)

**Marathon (M) :** Focused (RPE 5/10)

**Threshold (T):** Shorter efforts (RPE 7/10)

**Run/Walk:** Always allowed/Encouraged

## Sub 55 minute 10k

**~9:05/MI**

Reference Before Each Run

### 10k Goal Pace: 9:05/mi

**Easy (E):** 10:15–11:00/mi

**Threshold (T):** ~9:30–9:50/mi

**10K Pace:** ~ 9:00 - 9:05/mi

**Interval (I):** ~8:20–8:30/mi

## Sub-50 minute 10k

**~8:00/mi**

Reference Before Each Run

### 10k Goal Pace: 8:00 / mile

**Easy (E):** 9:15–10:00 / mi

**Threshold (T):** ~8:20 - 8:40 / mi

**10K Pace:** ~ 8:00 - 8:05/mi

**Interval (I):** ~7:25 / mi

RPE = Rate of Perceived Effort



**EVOLVE**  
PHYSICAL THERAPY & WELLNESS

# FEBRUARY 16

**10K**  
**WEEK 1**

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
OFF / Mobility	Threshold Intervals <ul style="list-style-type: none"><li>• 1 mi easy warm-up</li><li>• 3 × 5 min @ <i>Threshold</i></li><li>• 2 min jog between</li><li>• 1-2 mi cool-down</li></ul>	Easy Run <ul style="list-style-type: none"><li>• 30 – 40 minutes @ <i>Easy pace</i></li></ul>	OFF or Cross-Train
FRIDAY	SATURDAY	SUNDAY	NOTES
Easy + Strides <ul style="list-style-type: none"><li>• 4 mi <i>easy</i></li><li>• 6 × 20 sec relaxed strides</li></ul>	OFF or Cross-Train	Long Run <ul style="list-style-type: none"><li>• 40 – 50 min <i>easy</i></li></ul>	

# FEBRUARY 23

**10K**  
**WEEK 2**

2026

## MONDAY

OFF /  
Mobility

## TUESDAY

### Threshold Intervals

- 1 mi easy warm-up
- 2 × 8 min @ **Threshold**
- 2 min jog between
- 1-2 mi cool-down

## WEDNESDAY

### Easy Run

- 30 – 40 minutes  
@ **Easy pace**

## THURSDAY

OFF  
or  
Cross-Train

## FRIDAY

### Easy + Strides

- 2 mi **easy**
- 6 × 400M @  
**Interval Pace**

## SATURDAY

OFF  
or  
Cross-Train

## SUNDAY

### Long Run

- 45 – 55 minute  
@ **easy pace**

## NOTES

# MARCH 2

**10K  
WEEK 3**

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
OFF / Mobility	Threshold Progression <ul style="list-style-type: none"><li>• 2 mi easy warm-up</li><li>• 15 Min <i>Easy</i> → @ <i>Threshold</i></li><li>• 1-2 mi cool-down</li></ul>	Easy Run <ul style="list-style-type: none"><li>• 40 - 50 minutes @ <i>Easy pace</i></li></ul>	OFF or Cross-Train
FRIDAY	SATURDAY	SUNDAY	NOTES
Intervals <ul style="list-style-type: none"><li>• 2 mi warm-up</li><li>• 6 × 600m @ <i>Interval pace</i></li><li>• 2:00 jog between</li><li>• Cool-down</li></ul>	OFF or Cross-Train	Long Run <ul style="list-style-type: none"><li>• 50 - 60 min @ <i>Easy pace</i></li></ul>	

# MARCH 9

**10K**  
**WEEK 4**

2026

## MONDAY

OFF /  
Mobility

## TUESDAY

### Threshold Intervals

- 2 mi easy warm-up
- 3 x 8min @ **Threshold**
- 2:00 jog between
- 1-2 mi cool-down

## WEDNESDAY

### Easy Run

- 45 -50 minutes @  
**Easy pace**

## THURSDAY

OFF  
or  
Cross-Train

## FRIDAY

### Intervals

- 2 mi warm-up
- 6 x 800m @  
**Interval pace**
- 2:00 jog between
- Cool-down

## SATURDAY

OFF  
or  
Cross-Train

## SUNDAY

### Long Run

- 60 - 70 min  
**@ Easy Pace**

## NOTES

# MARCH 16

**10K**  
**WEEK 5**

2026

## MONDAY

OFF /  
Mobility

## TUESDAY

### Threshold Intervals

- 2 mi easy warm-up
- 1 x 20 Min @ **Threshold**
- 1-2 mi cool-down

## WEDNESDAY

### Easy Run

- 45 - 50 Minute @  
**Easy pace**  
+ Strides

## THURSDAY

OFF  
or  
Cross-Train

## FRIDAY

### Goal Pace Run

- 1 mi warm-up
- 3 mi @ **10K Race Pace**
- 1 mi cool down

## SATURDAY

OFF  
or  
Cross-Train

## SUNDAY

### Long Run

- 60 - 70 minute  
@ **Easy Pace**

## NOTES

# MARCH 23

## 10K WEEK 6

2026

### MONDAY

OFF /  
Mobility

### TUESDAY

#### Threshold Intervals

- 2 mi easy warm-up
- 2 × 12 min @ **Threshold**
- 3 min jog between
- 1-2 mi cool-down

### WEDNESDAY

#### Easy Run

- 50 - 60 minutes  
@ **Easy pace**

### THURSDAY

OFF  
or  
Cross-Train

### FRIDAY

#### Intervals

- 1 mi warm-up
- 8 × 800m  
@ **Interval pace**
- 2:00 jog between
- 1 mi Cool-down

### SATURDAY

OFF  
or  
Cross-Train

### SUNDAY

#### Long Run

- 60 - 70 minutes  
@ **Easy Pace**
- Last 20 min @  
**10K pace**

### NOTES

# MARCH 30

## 10K WEEK 7

2026

### MONDAY

OFF /  
Mobility

### TUESDAY

#### Threshold Intervals

- 2 mi easy warm-up
- 2 x 15 min @ **Threshold**
- 3 min jog between
- 1-2 mi cool-down

### WEDNESDAY

#### Easy Run

- 50 - 60 minutes  
@ **Easy pace**

### THURSDAY

OFF  
or  
Cross-Train

### FRIDAY

#### 10K Pace Intervals

- 1 mi warm-up
- 4 x 1 mile  
@ **10K Pace**
- 3-4 min recovery

### SATURDAY

OFF  
or  
Cross-Train

### SUNDAY

#### Long Run

- 70 - 75 minutes  
@ **Easy pace**
- Last 25 min @  
**10K pace**

### NOTES

# APRIL 6 (SHARP)

**10K**  
**WEEK 8**

2026

## MONDAY

OFF /  
Mobility

## TUESDAY

### Threshold Intervals

- 2 mi easy warm-up
- 2 × 8 min @ **Threshold**
- 2 min jog between
- 1–2 mi cool-down

## WEDNESDAY

### Easy Run

- 40 – 50 minutes  
@ **Easy pace**

## THURSDAY

OFF  
or  
Cross-Train

## FRIDAY

### Easy + Strides

- 2 mi **Easy**
- 3 × 400m
- @ **Interval Pace**
- 2 min jog between
- 1–2 mi cool-down

## SATURDAY

OFF  
or  
Cross-Train

## SUNDAY

### Long Run

- 50 – 60 minutes  
@ **Easy Pace**

## NOTES

# APRIL 13 (TAPER)

**10K**  
**WEEK 9**

2026

## MONDAY

OFF /  
Mobility

## TUESDAY

### Threshold Intervals

- 2 mi easy warm-up
- 1 × 10 min @ **Threshold**
- 2 min jog between
- 1–2 mi cool-down

## WEDNESDAY

### Easy Run

- 4 mi @ **Easy pace**

## THURSDAY

OFF

## FRIDAY

### Easy + Strides

- 3 mi **easy**
- 4 × 20 sec relaxed strides

## SATURDAY

OFF

## SUNDAY

**STAMFORD**  
**5K/10K**  
**Half Marathon**

## NOTES

### RACE DAY – 10K

- Start controlled  
(10K Training Pace)

# STRENGTH & MOBILITY GUIDELINES FOR RUNNERS

Strength and mobility work are included to help runners:

- Reduce injury risk
- Improve running efficiency
- Maintain consistency throughout the program

## HOW OFTEN:

- 2x per week minimum
- Sessions can be 10–25 minutes
- Performed on easy days or after short runs

## KEY FOCUS AREAS:

- Hips & glutes
- Hamstrings
- Calves & Achilles
- Trunk (core)
- Ankle & foot control

## SIMPLE STRENGTH STRUCTURE:

Choose one lower-body strength day and one stability/mobility day each week.

### Strength Examples:

Split squats - Step-ups - Romanian deadlifts - Hip thrusts - calf raises (straight + bent knee)

### Stability & Mobility Examples:

Single-leg balance - Side planks / dead bugs - Hip mobility drills - Ankle mobility

Light plyometrics (optional for advanced runners)

## IMPORTANT GUIDELINES:

Avoid heavy lifting within 24 hours of long runs

Mild soreness is acceptable; joint pain is not

Reduce volume during peak training weeks if fatigue accumulates

Quality > quantity



**EVOLVE**  
PHYSICAL THERAPY & WELLNESS

## THIS PROGRAM IS FOR YOU IF:

- You can currently run at least 30 minutes continuously without pain
- You are running or moving 2–4 days per week
- You want structure without overcomplication
- You value long-term progress over short-term intensity
- You are willing to listen to your body and adjust when needed

## This plan is appropriate for:

- First-time half marathon runners
- Runners returning after time away (with a base established)
- Experienced runners seeking a simple, effective build
- Athletes training alongside work, family, and life demands

## THIS PROGRAM MAY NOT BE APPROPRIATE IF:

- You are currently experiencing sharp, worsening, or persistent pain
- You are returning from a recent injury or flare-up
- You cannot yet tolerate continuous running
- You are unsure how to distinguish discomfort vs. injury

If any of the above apply, we strongly recommend a run assessment with a clinician before beginning.

## IMPORTANT REMINDER:

- This program is a guide — not a test.
- Missing a run does not mean failure.

Staying healthy always matters more than training harder.

