



HEALING MOTION
PHYSICAL THERAPY



10k 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	3.5miles
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
Week 9	Rest	3 miles	Cross	3 miles	Rest	10k (6.22 mi)	

RACE WEEKEND!

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 the HOTV Track Workout either Tuesday or Wednesday and flip-flop cross training days as needed (this may create a plan with running 4x/wk

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

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

Created by Dr. Peter McMillan, PT, DPT - Healing Motion Physical Therapy - Corvallis
For more content, including our Running Tips and Resources, and to follow us on Social Media, scan the QR code to the right.





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