



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	w/r
Week 2	Rest	w/r	Cross	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	10k (6.22 mi)	
							RACE WEEKEND!

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

Shoot for 50/50 with 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.

- The specific days are not as important as the number of days and the 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,
educational YouTube videos, other resources,
and to follow us on Social Media, scan the QR code to the right.

