



2018 Couch to 10k Training Programs

These programs follow the 80/20 method of training for long-distance racing, which suggests that the majority (80%) of the program's miles will be run at an Easy or conversational pace. The remaining 20% should be run at moderate to high intensity and are indicated below in light red. This ensures that runners don't burn out and lessens the risk of injury. For more information on specific pace, please see the descriptions below per skill level. For more information, please contact me at dan.solera@gmail.com.

Novice / First Time Runner

This program focuses on the gradual buildup of mileage and is intended for runners attempting their first 10k.

"Easy" refers to a slow, conversational pace (Low)
 "Pace" refers to your anticipated race pace (Moderate)

Intermediate

For runners looking to improve their 10K personal best, this program includes weekly tempo runs and features more mileage than the Novice program.

"Easy" refers to a slow, conversational pace (Low)
 "Pace" refers to a faster pace, but still in control (Moderate)
 "Tempo" is approx. 30 seconds slower than goal pace (High)

Advanced

This program challenges runners to step outside their comfort zone with various high-intensity drills. Use this program if you're an experienced runner with ambitious speed goals.

"Easy" refers to a slow, conversational pace (Low)
 "Pace" refers to your anticipated race pace (Moderate)
 "Tempo" is approx. 30 seconds slower than 10k pace (High)
 "Speed" is approx. 30 seconds slower than 5k pace (Very High)

Week 1	Activity
7-Apr-18	Kickoff Run
8-Apr-18	Rest
	Total Weekly Miles

Activity	Miles
Kickoff Run	4
Rest	-
Total Weekly Miles	4

Activity	Miles
Kickoff Run	4
Rest	-
Total Weekly Miles	4

Week 2	Activity
9-Apr-18	Rest
10-Apr-18	Easy Run (60s jog, 90s walk) x 8
11-Apr-18	Rest
12-Apr-18	Easy Run (90s jog, 60s walk) x 6
13-Apr-18	Cross Training (35 min Stationary Bike)
14-Apr-18	Easy Run (2 min jog, 90s walk) x 5
15-Apr-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	4
Easy Run	6
Rest	-
Pace Run	4
Easy Run	6
Cross Training (35 min Stationary Bike)	-
Total Weekly Miles	20

Activity	Miles
Rest	-
Easy Run	5
800 Repeats (6 @ 10k Pace)	5
Rest	-
Easy Run	6
Easy Run	8
Cross Training (35 min Stationary Bike)	-
Total Weekly Miles	24

Week 3	Activity
16-Apr-18	Rest
17-Apr-18	Easy Run (90s jog, 60s walk) x 6
18-Apr-18	Easy Run (2 min jog, 90s walk) x 5
19-Apr-18	Rest
20-Apr-18	Cross Training (30 min Stationary Bike)
21-Apr-18	Easy Run (3 min jog, 90s walk) x 5
22-Apr-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	5
Tempo Run	6
Easy Run	4
Cross Training (30 min Stationary Bike)	-
Easy Run	6
Rest	-
Total Weekly Miles	21

Activity	Miles
Rest	-
Easy Run	5
Hill Repeats (5 @ 6° Incline)	6
Pace Run	6
Cross Training (30 min Stationary Bike)	-
Easy Run	10
Rest	-
Total Weekly Miles	27

Week 4	Activity
23-Apr-18	Rest
24-Apr-18	Easy Run (2 min jog, 60s walk) x 6
25-Apr-18	Easy Run (2 min jog, 45s walk) x 6
26-Apr-18	Rest
27-Apr-18	Cross Training (40 min Stationary Bike)
28-Apr-18	Easy Run (5 min jog, 2 min walk) x 4
29-Apr-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	4
Pace Run	6
Easy Run	4
Cross Training (40 min Stationary Bike)	-
Easy Run	8
Rest	-
Total Weekly Miles	22

Activity	Miles
Rest	-
Speed Run	3
Easy Run	8
Mile Repeats (6 @ 10k pace)	6
Cross Training (40 min Stationary Bike)	-
Easy Run	4
Easy Run	8
Total Weekly Miles	29

Week 5	Activity
30-Apr-18	Rest
1-May-18	Rest
2-May-18	Easy Run (4 min jog, 1 min walk) x 5
3-May-18	Easy Run (4 min jog, 30s walk) x 5
4-May-18	Cross Training (30 min Stationary Bike)
5-May-18	Easy Run (10 min jog, 2 min walk) x 2
6-May-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	4
Tempo Run	6
Easy Run	5
Cross Training (30 min Stationary Bike)	-
Easy Run	8
Rest	-
Total Weekly Miles	23

Activity	Miles
Rest	-
Easy Run	6
1000 Repeats (6 @ 5k Pace)	5
Easy Run	6
Cross Training (30 min Stationary Bike)	-
Tempo Run	5
Easy Run	8
Total Weekly Miles	30

Week 6	Activity
7-May-18	Rest
8-May-18	Easy Run (5 min jog, 1 min walk) x 5
9-May-18	Easy Run (5 min jog, 30s walk) x 5
10-May-18	Rest
11-May-18	Cross Training (35 min Stationary Bike)
12-May-18	Easy Run (15 min jog, 2 min walk) x 2
13-May-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	5
Tempo Run	7
Easy Run	4
Cross Training (35 min Stationary Bike)	-
Easy Run	8
Rest	-
Total Weekly Miles	24

Activity	Miles
Rest	-
Easy Run	7
Easy Run	7
Mile Repeats (6 @ 10k pace)	6
Cross Training (35 min Stationary Bike)	-
Easy Run (last 3 miles @ race pace)	12
Easy Run	5
Total Weekly Miles	37

Week 7	Activity
14-May-18	Rest
15-May-18	Easy Run (5 min jog, 1 min walk) x 4
16-May-18	Easy Run (10 min jog, 1 min walk) x 2
17-May-18	Rest
18-May-18	Cross Training (30 min Stationary Bike)
19-May-18	Easy Run (20 min jog)
20-May-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	4
Tempo Run	6
Pace Run	4
Cross Training (30 min Stationary Bike)	-
Easy Run	8
Rest	-
Total Weekly Miles	22

Activity	Miles
Rest	-
Easy Run	5
Tempo Run	8
Easy Run	4
Cross Training (30 min Stationary Bike)	-
Easy Run	6
Easy Run	14
Total Weekly Miles	37

Week 8	Activity
21-May-18	Rest
22-May-18	Easy Run (10 min jog, 1 min walk) x 2
23-May-18	Easy Run (10 min jog, 30s walk) x 2
24-May-18	Rest
25-May-18	Cross Training (40 min Stationary Bike)
26-May-18	Easy Run (20 min jog, 5 min walk) x 2
27-May-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	6
Tempo Run	6
Easy Run	5
Cross Training (40 min Stationary Bike)	-
Easy Run	8
Rest	-
Total Weekly Miles	25

Activity	Miles
Rest	-
Hill Repeats (6 @ 6° Incline)	6
Easy Run	10
Tempo Run	6
Cross Training (40 min Stationary Bike)	-
Easy Run	11
Easy Run	5
Total Weekly Miles	38

Week 9	Activity
28-May-18	Rest
29-May-18	Easy Run (5 min jog, 1 min walk) x 4
30-May-18	Rest
31-May-18	Easy Run (10 min jog, 1 min walk) x 2
1-Jun-18	Cross Training (40 min Stationary Bike)
2-Jun-18	Easy Run (15 min jog, 2 min walk) x 2
3-Jun-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	6
Pace Run	8
Easy Run	6
Cross Training (40 min Stationary Bike)	-
Easy Run	8
Rest	-
Total Weekly Miles	28

Activity	Miles
Rest	-
800 Repeats (8 @ 5k Pace)	8
Easy Run	8
Easy Run	4
Cross Training (40 min Stationary Bike)	-
Easy Run	5
Easy Run (last 3 miles @ tempo pace)	15
Total Weekly Miles	40

Week 10	Activity
4-Jun-18	Rest
5-Jun-18	Easy Run (3 min jog, 30s walk) x 6
6-Jun-18	Rest
7-Jun-18	Easy Run (4 min jog, 30s walk) x 5
8-Jun-18	Cross Training (30 min Stationary Bike)
9-Jun-18	Easy Run (30 min jog, 2m walk, 15m jog)
10-Jun-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	6
Tempo Run	8
Easy Run	5
Cross Training (30 min Stationary Bike)	-
Easy Run	10
Rest	-
Total Weekly Miles	29

Activity	Miles
Rest	-
800 Repeats (10 @ 5k Pace)	4
Easy Run	10
Speed Run	5
Cross Training (30 min Stationary Bike)	-
Easy Run	8
Easy Run	13
Total Weekly Miles	40

Week 11	Activity
11-Jun-18	Rest
12-Jun-18	Easy Run (10 min jog, 2 min walk) x 3
13-Jun-18	Easy Run (10 min jog, 1 min walk) x 3
14-Jun-18	Rest
15-Jun-18	Cross Training (30 min Stationary Bike)
16-Jun-18	Easy Run (25 min jog, 5m walk) x 2
17-Jun-18	Rest
	Total Weekly Miles

Activity	Miles
Rest	-
Easy Run	4
Pace Run	7
Easy Run	5
Cross Training (30 min Stationary Bike)	-
Easy Run	6
Rest	-
Total Weekly Miles	22

Activity	Miles
Rest	-
Easy Run	5
Easy Run	8
Tempo Run	6
Cross Training (30 min Stationary Bike)	-
Easy Run	10
Rest	-
Total Weekly Miles	29

Week 12	Activity
18-Jun-18	Rest
19-Jun-18	Easy Run (10 min jog, 2 min walk) x 3
20-Jun-18	Rest
21-Jun-18	Easy Run (5 min jog, 30s walk) x 5
22-Jun-18	Rest
23-Jun-18	Proud to Run 10k
	Total Weekly Miles

Activity	Miles
Rest	-
Pace Run	4
Rest	-
Easy Run	4
Rest	-
Proud to Run 10k	6.2
Total Weekly Miles	14.2

Activity	Miles
Rest	-
Easy Run	4
Rest	-
Easy Run	6
Rest	-
Proud to Run 10k	6.2
Total Weekly Miles	16.2

Total Program Miles 250.2

Total Program Miles 347.2