

4 Week 10k Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Training Run 2.5 miles	2 x 400m intervals	Crosstraining 30 - 60 minutes	Hilly Run/fartleks 30-40 minutes	Rest Day	Long Run 3.5 miles
2	Rest Day	Training Run 2.5 miles	3 x 400m intervals	Crosstraining 30 - 60 minutes	Hilly Run/fartleks 30 - 40 minutes	Rest Day	Long Run 4 miles
3	Rest Day	Training Run 2.5 miles	3 x 400m intervals	Crosstraining 30 - 60 minutes	Hilly Run/fartleks 30 - 40 minutes	Rest Day	Long Run 4.5 miles
4	Rest Day	Training Run 2.5 miles	4 x 400m intervals	Crosstraining 30 - 60 minutes	Hilly Run/fartleks 30 - 40 minutes	Rest Day	Long Run 4 miles
5	Rest Day	Training Run 2.5 miles	4 x 400m intervals	Crosstraining 30 - 60 minutes	Hilly Run/fartleks 30 - 40 minutes	Rest Day	Long Run 4.5 miles
6	Rest Day	Training Run 2.5 miles	4 x 400m intervals	Crosstraining 30 - 60 minutes	Training Run 3 miles	Rest Day	Long Run 6 miles
7	Rest Day	Training Run 3 miles	3 x 400m intervals	Crosstraining 30 - 60 minutes	Training Run 3 miles	Rest Day	Long Run 4 miles
8	Rest Day	Training Run 3 miles	Training Run 4 miles	Crosstraining 30 - 60 minutes	Training Run 3 miles	Rest Day	10k !

Training runs should be done at a 4 out of 10 for exertion.
Intervals: 400m fast (8 or 9 out of 10 for effort), then 400m slow jog / walk.
Hilly Runs / Fartleks should be harder runs with challenging sections then recovery breaks.
Long runs at the weekend should be done at a slow, easy pace.

4 week 10k training plan is an excellent way for runners of all levels to prepare for a 10-kilometer race. Whether you are a beginner looking to complete your first race or an experienced runner aiming for a personal best, a structured training plan can help you improve your performance and achieve your goals. This article will provide you with a comprehensive guide to a 4-week training schedule, essential tips for success, and advice on nutrition and recovery.

Understanding the 10K Distance

Before diving into the specifics of the training plan, it's essential to understand what a 10K race entails.

A 10K, or 10 kilometers, translates to approximately 6.2 miles. It is one of the most popular race distances, offering a perfect blend of challenge and accessibility.

Why Train for a 10K?

Training for a 10K can provide numerous benefits, including:

- Improved cardiovascular fitness
- Enhanced mental toughness
- Increased endurance
- Opportunity to set and achieve personal goals
- Community engagement through local races

Setting Your Goals

Before starting your **4 week 10k training plan**, it's crucial to establish clear goals. Consider the following:

Types of Goals

1. Completion Goal: If you are new to running, your primary aim may be simply to finish the race.
2. Time Goal: For more experienced runners, setting a specific finish time can be motivating.
3. Personal Best: If you've run a 10K before, aim to beat your previous time.

Having a clear goal will help you stay focused and motivated throughout your training.

The 4-Week Training Plan

This 4-week training plan is designed for runners with a basic fitness level. If you can comfortably run for 30 minutes, this plan will help you increase your distance and speed for the 10K.

Weekly Structure

Each week will consist of a mix of easy runs, speed workouts, long runs, and rest days. Here's a breakdown:

Week 1

- Monday: Rest or cross-training (30 minutes)
- Tuesday: Easy run (3 miles at a conversational pace)
- Wednesday: Speed workout (4 x 400m at a fast pace with 2 minutes rest between)
- Thursday: Easy run (3 miles)
- Friday: Rest
- Saturday: Long run (4 miles)
- Sunday: Cross-training (cycling, swimming, or yoga)

Week 2

- Monday: Rest or light cross-training (30 minutes)
- Tuesday: Easy run (3 miles)
- Wednesday: Tempo run (1 mile easy, 2 miles at a challenging pace, 1 mile easy)
- Thursday: Easy run (4 miles)
- Friday: Rest
- Saturday: Long run (5 miles)
- Sunday: Cross-training

Week 3

- Monday: Rest or light cross-training (30 minutes)
- Tuesday: Easy run (4 miles)
- Wednesday: Speed workout (5 x 400m with 1.5 minutes rest between)
- Thursday: Easy run (4 miles)
- Friday: Rest
- Saturday: Long run (6 miles)
- Sunday: Cross-training

Week 4 (Taper Week)

- Monday: Rest
- Tuesday: Easy run (3 miles)
- Wednesday: Short speed workout (3 x 400m with 1 minute rest)
- Thursday: Easy run (2 miles)
- Friday: Rest
- Saturday: Race Day! (10K)

- Sunday: Rest and recovery

Tips for Success

To ensure you get the most out of your **4 week 10k training plan**, consider the following tips:

Listen to Your Body

Pay attention to how your body feels during training. If you experience pain or excessive fatigue, take an extra rest day or modify your workouts.

Stay Hydrated

Proper hydration is crucial for optimal performance. Aim to drink water throughout the day, and consider electrolyte drinks for longer runs.

Invest in Proper Footwear

Wearing the right running shoes can significantly impact your comfort and performance. Visit a specialty running store to find shoes that suit your foot type and running style.

Nutrition Matters

Proper nutrition plays a vital role in your training. Focus on:

- Carbohydrates for energy (whole grains, fruits, vegetables)
- Proteins for muscle repair (lean meats, legumes, dairy)
- Healthy fats for overall health (nuts, seeds, avocados)

Consider experimenting with different pre-race meals to find what works best for you.

Recovery Strategies

Recovery is just as important as the training itself. Proper recovery will help prevent injuries and improve performance.

Active Recovery

Engage in active recovery activities such as walking, yoga, or swimming to keep your muscles engaged without intense exertion.

Stretching and Foam Rolling

Incorporate stretching routines and foam rolling into your post-run routine to maintain flexibility and reduce muscle soreness.

Get Enough Sleep

Aim for 7-9 hours of quality sleep each night to facilitate recovery and performance.

Conclusion

A 4 week 10k training plan is a structured approach that can help you achieve your running goals, whether it's completing your first race or setting a new personal record. By following this plan, listening to your body, and prioritizing recovery and nutrition, you'll be well on your way to crossing that finish line with pride. Remember, every runner's journey is unique, so tailor the plan to fit your needs and enjoy the process. Happy running!

Frequently Asked Questions

What is a 4 week 10k training plan designed for?

A 4 week 10k training plan is designed for runners who want to prepare for a 10k race in a month, typically focusing on building endurance, speed, and race-specific training.

How many days per week should I train in a 4 week 10k plan?

Most 4 week 10k training plans recommend training 4 to 5 days per week, incorporating easy runs, long runs, speed work, and rest days.

What types of workouts are included in a 4 week 10k training plan?

A typical 4 week 10k training plan includes a mix of easy runs, long runs, tempo runs, interval training, and rest days to ensure recovery and adaptation.

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Achieve your running goals with our effective 4 week 10k training plan. Perfect for beginners and experienced runners alike! Learn more to get started today!

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