



# 10K - 10 WEEK XTERRA TRAIL RUNNING PLAN

## Weeks 1-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	WALK - 30 min 30 min - Walk fast.	WALK/RUN - 20 min 20 min - Alternate running and walking, feeling like you can always talk.	REST	RUN - 15 min 15 min - Run very slowly nonstop.	REST	WALK/RUN - 30 min 30 min - Alternate slow running and fast walking. Both should feel like the same breathing effort.	REST
	WALK - 40 min 40 min - Walk fast.	RUN - 20 min 20 min - Run very slowly nonstop.	REST	WALK/RUN - 32 min 32 min - Alternate 1 min run slow, 1 min walk, 1 min run faster, 1min walk for a total of 8 rounds.	REST	WALK - 40 min 40 min - Walk fast with some hills/stairs.	RUN - 25 min 25 min - Run nonstop.
WEEK 2	REST	RUN - 25 min 25 min - Run nonstop.	REST	WALK/RUN - 24 min 24 min - Alternate 2 min fast run / 1 min walk for a total of 8 rounds.	XTERRA Connect Core: Do 5 min <a href="#">XTERRA Connect Yoga</a> . Watch <a href="#">XTERRA Connect Plank</a> and then do 5 x 20sec plank/40sec rest. Finish with <a href="#">XTERRA Connect Strength and Stabilize video</a> .	REST	WALK - 45 min 45 min - Walk with some hills/stairs.
	REST	RUN - 30 min 30 min - Run nonstop at tempo pace.	REST	WALK/RUN - 24 min 24 min - Run 3 min (faster than Tuesday pace) / walk 1 min for a total of 6 rounds.		REST	WALK - 50 min 50 min - Walk with some hills.
WEEK 3	RUN - 32 min Run 32 min - Alternate 2 min run fast / 2 min walk for a total of 8 rounds.	RUN - 30 min 30 min - Easy, nonstop run	REST	WALK/RUN - 40 min 40 min - 5 min run fast (impossible to talk) / 3 min walk easy for a total of 5 rounds.	REST	WALK - 55 min 55 min - Walk at an easy pace on a very hilly course, if possible.	REST



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## Weeks 6-10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6	30 min - Core Training / Yoga - <a href="#">link</a>	<b>RUN - 35 min</b>	REST	<b>WALK/RUN - 50 min</b>	REST	<b>RUN - 40 min</b>	<b>WALK - 1 hr</b>
		35 min - Tempo run		50 min - Alternate 7 min running fast / 3 min dynamic walking allowing you to talk again. 5 rounds.		40 min - Easy, nonstop run	1h - Walk fast with some hills/stairs.
WEEK 7	REST	<b>RUN - 45 min</b>	REST	<b>RUN</b>	<b>WALK - 45 min</b>	REST	<b>RUN - 50 min</b>
		45 min - Easy, nonstop run		Run 1k easy - 2k fast - 1k easy - 2k fast - 1k easy. Find a loop resembling your 10K race, if possible.	45 min - Easy walk		50 min - Nonstop tempo run
WEEK 8	REST	<b>WALK/RUN - 40 min</b>	REST	<b>RUN - 15 min</b>	<b>RUN - 1 hr</b>	REST	<b>WALK - 1 hr 10 min</b>
		40 min - Run/Walk in rolling loop, nothing steep and no long climbs.		15 min easy run + 2 sets of (6 x 30 sec fast run / 30 sec easy - 2 up hill / 1 down hill ) walking 3 min in between the two sets + 10 min cool down run	1h - Very easy, flat run		1h 10 min - Walk with lots of climbing/stairs. Pace should be easy on the uphills so you can talk, faster on the downhills only.
WEEK 9	<b>RUN - 10 min</b>	<b>RUN - 40 min</b>	REST	<b>RUN - 15 min</b>	<b>WALK - 1 hr 20 min</b>	REST	<b>RUN - 1 hr</b>
	10 min easy run + run 8 x 1 min fast/1 min slow rounds + 5 min easy run	40 min - Easy run with some climbing. Take walking breaks if you need to manage your breathing.		15 min easy run + 3k fast run + 1k easy run + 3k fast + 10 min easy run	1h 20 min - Walk slowly on a hilly course.		1h - Easy flat run
WEEK 10	REST	<b>RUN - 30 min</b>	REST	<b>RUN - 15 min</b>	REST	<b>RUN - 20 min</b>	<b>10K Race Day!</b>
		30 min - Easy run pace		Run 15 min easy + 2 x (3 min tempo / 2 min easy in between) + 5 min easy run		20 min - Very easy run with 4 x (30 sec fast / 30 sec easy) in the middle.	