

8-Week Training Plan

Here's an 8-week 10K training plan designed for beginners, incorporating easy runs, long runs, threshold runs, and hilly runs, with four runs per week. It uses the **Karvonen Method** to calculate heart rate zones, so you'll need your **resting heart rate (RHR)** and **maximum heart rate (MHR)** to determine your **target heart rate (THR)** for each run.

Training Plan Overview:

- **Easy Runs:** 60–70% intensity
 - **Long Runs:** 65–75% intensity
 - **Threshold Runs:** 80–90% intensity
 - **Hilly Runs:** Alternating 70% intensity uphill and recovery pace downhill
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Week-by-Week Plan

Week 1

- **Monday:** Easy run, 3 miles @ 60–70% intensity

Comments:

- **Wednesday:** Threshold run, 2 miles warm-up + 3 x 3 mins @ 80–90% intensity (90 secs jog recovery) + 1-mile cool-down

Comments:

- **Friday:** Hilly run, 2 miles @ 70% intensity + 5 x 1-minute uphill sprints @ 70% effort, jog down recovery

Comments:

- **Sunday:** Long run, 4 miles @ 65–75% intensity

Comments:

Week 2

- **Monday:** Easy run, 3 miles @ 60–70% intensity

Comments:

- **Wednesday:** Threshold run, 2 miles warm-up + 4 x 3 mins @ 80–90% intensity (90 secs jog recovery) + 1-mile cool-down

Comments

- **Friday:** Hilly run, 2 miles @ 70% intensity + 6 x 1-minute uphill sprints @ 70% effort, jog down recovery

Comments

- **Sunday:** Long run, 5 miles @ 65–75% intensity

Comments:

Week 3

- **Monday:** Easy run, 3.5 miles @ 60–70% intensity

Comments:

- **Wednesday:** Threshold run, 2 miles warm-up + 3 x 4 mins @ 80–90% intensity (2 mins jog recovery) + 1-mile cool-down

Comments:

- **Friday:** Hilly run, 3 miles @ 70% intensity, incorporating rolling hills if possible

Comments:

- **Sunday:** Long run, 6 miles @ 65–75% intensity

Comments:

Week 4 (Recovery Week)

- **Monday:** Easy run, 3 miles @ 60–70% intensity

Comments:

- **Wednesday:** Threshold run, 2 miles warm-up + 3 x 3 mins @ 80–90% intensity (90 secs jog recovery) + 1-mile cool-down

Comments:

- **Friday:** Hilly run, 2 miles @ 70% intensity + 4 x 1-minute uphill sprints @ 70% effort, jog down recovery

Comments:

- **Sunday:** Long run, 4 miles @ 65–75% intensity

Comments:

Week 5

- **Monday:** Easy run, 3.5 miles @ 60–70% intensity

Comments:

- **Wednesday:** Threshold run, 2 miles warm-up + 4 x 4 mins @ 80–90% intensity (2 mins jog recovery) + 1-mile cool-down

Comments:

- **Friday:** Hilly run, 3 miles @ 70% intensity, incorporating rolling hills

Comments:

- **Sunday:** Long run, 6.5 miles @ 65–75% intensity

Comments:

Week 6

- **Monday:** Easy run, 4 miles @ 60–70% intensity

Comments:

- **Wednesday:** Threshold run, 2 miles warm-up + 5 x 4 mins @ 80–90% intensity (2 mins jog recovery) + 1-mile cool-down

Comments:

- **Friday:** Hilly run, 3.5 miles @ 70% intensity + 6 x 1-minute uphill sprints @ 70% effort, jog down recovery

Comments:

- **Sunday:** Long run, 7 miles @ 65–75% intensity

Comments:

Week 7

- **Monday:** Easy run, 4 miles @ 60–70% intensity

Comments:

- **Wednesday:** Threshold run, 2 miles warm-up + 5 x 5 mins @ 80–90% intensity (2 mins jog recovery) + 1-mile cool-down

Comments:

- **Friday:** Hilly run, 4 miles @ 70% intensity, incorporating rolling hills

Comments:

- **Sunday:** Long run, 7.5 miles @ 65–75% intensity

Comments:

Week 8 (Race Week)

- **Monday:** Easy run, 3 miles @ 60–70% intensity

Comments:

- **Wednesday:** Threshold run, 2 miles warm-up + 3 x 3 mins @ 80–90% intensity (90 secs jog recovery) + 1-mile cool-down

Comments:

- **Friday:** Easy run, 2 miles @ 60–70% intensity

Comments:

- **Sunday: Race Day!** 10K @ goal pace