



10km Training Schedule





Week	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 1	Rest	2.5K run	Rest (or cross train)	2.5K run	Rest	3K run	25-30 mins run (or cross train)
Week 2	Rest	3K run	Rest (or cross train)	3K run	Rest	4K run	25-30 mins run (or cross train)
Week 3	Rest	4K run	Rest (or cross train)	3K run	Rest	6K run	30-35 mins run (or cross train)
Week 4	Rest	4K run	Rest (or cross train)	3K run	Rest	6K run	35 mins run (or cross train)
Week 5	Rest	5K run	Rest (or cross train)	4K run	Rest	6.5K run	35-40 mins run (or cross train)
Week 6	Rest	5K run	Cross train	4K run	Rest	7K run	35-40 mins run (or cross train)
Week 7	Rest	6K run	Cross train	5K run	Rest	8K run	40 mins run (or cross train)
Week 8	Rest	5K run	Rest (or cross train)	3K run	Rest	Rest	Tuwaiq Trail Race