



8k to 10k to Half Training Plan

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	3/30-4/5	10-15 min	Walk/Cross	10-15 min	1 m	Cross	3-4 m
2	4/6-4/12	10-15 min	Walk/Cross	10-15 min	1 m	Cross	3-4 m
3	4/13-4/19	15 min	Walk/Cross	15 min	1 m	Cross	4 m
4	4/20-4/26	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5-6 m
5	4/27-5/3	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5-6 m
6	5/4-5/10	20 min	Walk/Cross	20 min	3 m	Cross	7 m
7	5/11-5/17	20-25 min	Walk/Cross	20-25 min	3 m	Cross	7- 8 m
8	5/18-5/24	20-25 min	Walk/Cross	20-25 min	4 m	Cross	8- 9 m
9	5/25-5/31	25 min	15 min	25 min	4 m	Cross	10 m
10	6/1-6/7	25-30 min	15 min	25-30 min	5 m	Cross	11-12 m
11	6/8-6/14	30 min	20 min	30 min	5 m	Cross	13 m
12	6/15-6/21	25 min	20 min	25 min	3 m	Cross	10 m
13	6/22-6/28	20 min	Walk/Cross	20 min	8K RACE DAY	Rest	9 m
14	6/29-7/5	20 min	Walk/Cross	20 min	2 m	Cross	5 -6 m
15	7/6-7/12	30 min	30 min	30 min	7 m	Cross	15-16 m
16	7/13-7/19	35 min	30 min	35 min	4 m	Cross	13-14 m
17	7/20-7/26	40 min	40 min	30 min	8 m	Cross	18-19 m
18	7/27-8/2	35 min	45 min	35 min	4 m	Cross	15 m
19	8/3-8/9	30 min	25 min	25 min	10K RACE DAY	Rest	13 m
20	8/10-8/16	30 min	40 min	30 min	7 m	rest	17 m
21	8/17-8/23	35 min	40 min	35 min	9 m	rest	20 m
22	8/24-8/30	40 min	50 min	30 min	11 m	cross	23 m
23	8/31-9/6	40 min	50 min	30 min	9 m	cross	21 m
24	9/7-9/13	45 min	50 min	30 min	12 m	cross	24 m
25	9/14-9/20	30 min	40 min	30 min	7 m	cross	17 m
26	9/21-9/27	30 min	Walk/Cross	20 min	HALF RACE DAY	rest	18 m