



8k to 10k to Relay 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	Walk/Cross	25 min	4 m	Cross	9 m
10	6/1-6/7	25-30 min	Walk/Cross	25-30 min	5 m	Cross	10-11 m
11	6/8-6/14	30 min	Walk/Cross	30 min	5 m	Cross	11 m
12	6/15-6/21	25 min	Walk/Cross	25 min	3 m	Cross	8 m
13	6/22-6/28	20 min	Walk/Cross	20 min	8K Race Day	Rest	9 m
14	6/29-7/5	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5 -6 m
15	7/6-7/12	40 min	Walk/Cross	40 min	5 m	Cross	11-13 m
16	7/13-7/19	35 min	Walk/Cross	35 min	4 m	Cross	10-11 m
17	7/20-7/26	45 min	Walk/Cross	45 min	6 m	Cross	13-15 m
18	7/27-8/2	35 min	Walk/Cross	35 min	4 m	Cross	10-11 m
19	8/3-8/9	30 min	Walk/Cross	25 min	10K Race Day	Rest	11 m
20	8/10-8/16	15-20 min	Walk/Cross	15-20 min	3 m	rest	6-7
21	8/17-8/23	30	Walk/Cross	30	4 m	rest	9-10
22	8/24-8/30	40	Walk/Cross	40	5 m	cross	11-13
23	8/31-9/6	40	Walk/Cross	40	5 m	cross	11-13
24	9/7-9/13	45	Walk/Cross	45	6 m	cross	13-15
25	9/14-9/20	30	Walk/Cross	30	4 m	cross	9-10
26	9/21-9/27	25	Walk/Cross	25	RELAY Race Day	rest	7-10