10-WEEK COUCH TO 10K PLAN

Beginner-to-Intermediate Progression • Miles & Kilometers

Program Overview

Designed for beginners or 5K runners aiming to double their endurance and tackle the 10K distance (6.2 miles / 10 km) comfortably and strong.

Schedule Structure

Features 3 structured run days, 1 optional cross-training day, and 3 rest days per week to allow adequate muscular and joint adaptation.

Walk / Jog	Easy Run	Tempo Effort	10K Target
Aerobic interval base	Conversational pace	Comfortably hard	6.2 mi [10 km]

PHASE 1: INTERVAL BASE & CONTINUOUS RUNNING

Weeks 1 – 4

Build initial stamina by transitioning from walk/run intervals into continuous 20–30 minute runs.

WEEK	MON	WORKOUT 1 (TUE)	WED	WORKOUT 2 (THU)	SAT (LONG RUN)
Wk 1	*Rest*	Run 90s, Walk 90s (Repeat 8x • ~2 mi [3.2 km])	*Cross-Train / Rest*	Run 2m, Walk 1m (Repeat 7x • ~2 mi [3.2 km])	2.5 mi 4 km Walk/Run as needed
Wk 2	*Rest*	Run 3m, Walk 1m (Repeat 6x • ~2.2 mi [3.5 km])	*Cross-Train / Rest*	Run 5m, Walk 2m (Repeat 4x • ~2.5 mi [4 km])	3 mi 5 km Easy Pace
Wk 3	*Rest*	Run 8m, Walk 2m (Repeat 3x • ~2.7 mi [4.3 km])	*Cross-Train / Rest*	2 mi 3.2 km Continuous Easy Run	3.5 mi 5.5 km Easy Pace
Wk 4	*Rest*	2.5 mi 4 km Continuous Easy Run	*Cross-Train / Rest*	2.5 mi 4 km Include 4x Strides	4 mi 6.5 km Continuous Easy Run

Pacing Baseline

Always run long runs at a pace where you could comfortably speak full sentences. If you find yourself breathing heavily early on, slow down by 30–45 seconds per mile.

PHASE 2: DISTANCE EXPANSION & TEMPO ENDURANCE

Weeks 5 – 7

Extend weekly distance while introducing short sustained efforts at target race pace.

WEEK	MON	TUE (QUALITY)	WED	THU (EASY)	SAT (LONG RUN)
Wk 5	*Rest*	3 mi 5 km w/ 1 mi Tempo block	*Cross-Train / Rest*	2.5 mi 4 km Easy Recovery	4.5 mi 7 km Steady Aerobic
Wk 6	*Rest*	3.5 mi 5.5 km w/ 1.5 mi Tempo block	*Cross-Train / Rest*	3 mi 5 km Easy Recovery	5 mi 8 km Steady Aerobic
Wk 7	*Rest*	3 mi 5 km Step-back Easy Run	*Cross-Train / Rest*	2.5 mi 4 km Easy Recovery	4 mi 6.5 km Step-Back Recovery Wk

INTERMEDIATE TRAINING PRINCIPLES

Pro Guidance

Mid-Week Tempo Runs

Tempo blocks are run at a "comfortably hard" pace (approx. 80-85% max heart rate). They improve your body's ability to clear lactic acid during sustained efforts.

Step-Back Recovery Weeks

Week 7 deliberately reduces total volume by 20% to allow muscle tissue repair before entering the peak mileage phase of weeks 8 and 9.

Cross-Training Guidelines

On Wednesdays, choose non-impact activities such as low-resistance cycling, swimming, or bodyweight core/hip stability workouts for 30–40 minutes.

PHASE 3: PEAK DISTANCE & 10K RACE WEEK

Weeks 8 – 10

Hit peak long run distances before tapering into race day readiness.

WEEK	MON	TUE (QUALITY)	WED	THU (EASY)	SAT (LONG RUN)
Wk 8	*Rest*	4 mi 6.5 km w/ 2 mi Goal Pace	*Cross-Train / Rest*	3 mi 5 km Easy Run	5.5 mi 9 km Peak Long Run
Wk 9	*Rest*	3.5 mi 5.5 km Easy Run + Strides	*Rest*	3 mi 5 km Easy Run	4 mi 6.5 km Taper Long Run
Wk 10	*Rest*	2.5 mi 4 km Easy Taper Run	*Rest*	1.5 mi 2.5 km Shakeout Run	10K RACE DAY! 6.2 mi 10 km

10K RACE DAY STRATEGY

Race Day Plan

Kilometers 1–3 (Miles 1–2)

Controlled Start: Resist the urge to rush out with the crowd. Keep your pace 10–15 seconds per mile slower than target to conserve glycogen.

Kilometers 4–7 (Miles 3–4)

Settle into Rhythm: Focus on smooth cadence and breathing. Maintain steady goal pace through the middle miles.

Kilometers 8–10 (Miles 5–6.2)

Strong Finish: Gradually increase effort over the last 2 km. Empty the tank down the final home stretch to the finish line!

Hydration & Fuel

For a 10K, pre-hydration is key. Drink 300–500 mL of water 2 hours before start. Mid-race gels are optional but can boost late-race energy.