# 8 Weeks to 10k Training Program Schedule
by Personal Running Trainer.com

| | Day 1 | Day 2 | Day 3 | Day 4 |
|---|---|---|---|---|
| **Week 1** | 20 min. tempo run | run 3 min. at a 5k pace then easy jog 3 min. - repeat x3 | 20 min. run at a steady (10k) pace | 25 min. run at a steady (10k) pace |
| **Week 2** | 20 min. tempo run | run 3 min. at a 5k pace then easy jog 3 min. - repeat x4 | 25 min. run at a steady pace | 30 min. run at a steady pace |
| **Week 3** | 30 min. tempo run | run 3 min. at a 5k pace then easy jog 3 min. - repeat x5 | 30 min. run at a steady pace | 35 min. run at a steady pace |
| **Week 4** | 30 min. tempo run | run 3 min. at a 5k pace then easy jog 3 min. - repeat x6 | 35 min. run at a steady pace | 40 min. run at a steady pace |
| **Week 5** | 40 min. tempo run | run 3 min. at a 5k pace then easy jog 3 min. - repeat x7 | 40 min. run at a steady pace | 45 min. run at a steady pace |
| **Week 6** | 40 min. tempo run | run 3 min. at a 5k pace then easy jog 3 min. - repeat x8 | 45 min. run at a steady pace | 50 min. run at a steady pace |
| **Week 7** | 45 min. tempo run | run 3 min. at a 5k pace then easy jog 3 min. - repeat x9 | 50 min. run at a steady pace | 55 min. run at a steady pace |
| **Week 8** | 50 min. tempo run | run 3 min. at a 5k pace then easy jog 3 min. - repeat x10 | 55 min. run at a steady pace | 60 min. run at a steady pace |