



8k to 10k to Relay Training Plan

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