

Couch to 10K Training Plan

lifeofamissfit.com

Welcome to your 10K training
plan from me!



It might be challenging but I promise
you it's rewarding. Take each week
as it comes, and remember to be kind
to yourself on your journey.

This plan assumes your race is in 12
weeks, and your 10K is on that last
Sunday.

Please feel free to print off the next
few pages, and then you can tick off
the 'done' column every day and
week.

Good luck!

Couch to 10K Training Plan

Week 1 & 2

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Day	Activity	Minutes	Done?
Monday	WU, Run 1 min, Walk 2 mins (x8), CD	24	
Tuesday	Rest		
Wednesday	WU, Run 1 min, Walk 2 mins (x6), CD	18	
Thursday	Rest		
Friday	WU, Run 1 min, Walk 2 mins (x10), CD	30	
Saturday	Rest		
Sunday	Rest		

Day	Activity	Minutes	Done?
Monday	WU, Run 2 mins, Walk 2 mins (x7), CD	28	
Tuesday	Rest		
Wednesday	WU, Run 2 mins, Walk 2 mins (x6), CD	24	
Thursday	Rest		
Friday	WU, Run 2 mins, Walk 2 mins (x8), CD	32	
Saturday	Rest		
Sunday	Rest		

Couch to 10K Training Plan

Week 3 & 4

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Day	Activity	Minutes	Done?
Monday	WU, Run 3 mins, Walk 2 mins (x6), CD	30	
Tuesday	Rest		
Wednesday	WU, Run 3 mins, Walk 2 mins (x5), CD	25	
Thursday	Rest		
Friday	WU, Run 3 mins, Walk 2 mins (x7), CD	35	
Saturday	Rest		
Sunday	Rest		

Day	Activity	Minutes	Done?
Monday	WU, Run 5 mins, Walk 3 mins (x4), CD	32	
Tuesday	Rest		
Wednesday	WU, Run 5 mins, Walk 2 mins (x3), CD	21	
Thursday	Rest		
Friday	WU, Run 5 mins, Walk 3 mins (x5), CD	40	
Saturday	Rest		
Sunday	Rest		

Couch to 10K Training Plan

Week 5 & 6

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Day	Activity	Minutes	Done?
Monday	WU, Run 3 mins, Walk 2 mins (x6), CD	30	
Tuesday	Rest		
Wednesday	WU, Run 3 mins, Walk 2 mins (x5), CD	25	
Thursday	Rest		
Friday	WU, Run 5 mins, Walk 3 mins (x4), CD	32	
Saturday	Rest		
Sunday	Rest		

Day	Activity	Minutes	Done?
Monday	WU, Run 8 mins, Walk 3 mins (x3), CD	33	
Tuesday	Rest		
Wednesday	WU, Run 7 mins, Walk 2 mins (x3), CD	27	
Thursday	Rest		
Friday	WU, Run 8 mins, Walk 3 mins (x3), CD	33	
Saturday	Rest		
Sunday	Rest		

Couch to 10K Training Plan

Week 7 & 8

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Day	Activity	Minutes	Done?
Monday	WU, Run 9 mins, Walk 3 mins (x3), CD	36	
Tuesday	Rest		
Wednesday	WU, Run 8 mins, Walk 2 mins (x3), CD	30	
Thursday	Rest		
Friday	WU, Run 10 mins, Walk 3 mins (x3), CD	39	
Saturday	Rest		
Sunday	Rest		

Day	Activity	Minutes	Done?
Monday	WU, Run 15 mins, Walk 5 mins (x2), CD	40	
Tuesday	Rest		
Wednesday	WU, Run 15 mins, Walk 5 mins, Run 10 mins, CD	30	
Thursday	Rest		
Friday	WU, Run 20 mins, Walk 5 mins, Run 15 mins, CD	40	
Saturday	Rest		
Sunday	Rest		

Couch to 10K Training Plan

Week 9 & 10

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Day	Activity	Minutes	Done?
Monday	WU, Run 10 mins, Walk 3 mins, Run 16 mins, CD	26	
Tuesday	Rest		
Wednesday	WU, Run 15 mins, Walk 5 mins, Run 10 mins, CD	25	
Thursday	Rest		
Friday	WU, Run 15 mins, Walk 5 mins (x2), CD	30	
Saturday	Rest		
Sunday	Rest		

Day	Activity	Minutes	Done?
Monday	WU, Run 20 mins, Walk 2 mins, Run 20 mins, CD	40	
Tuesday	Rest		
Wednesday	WU, Run 25 mins, CD	25	
Thursday	Rest		
Friday	WU, Run 40 mins, CD	40	
Saturday	Rest		
Sunday	Rest		

Couch to 10K Training Plan

Week 11 & 12

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Day	Activity	Minutes	Done?
Monday	WU, Run 45 mins, CD	45	
Tuesday	Rest		
Wednesday	WU, Run 25 mins, CD	25	
Thursday	Rest		
Friday	WU, Run 50 mins, CD	50	
Saturday	Rest		
Sunday	Rest		

Day	Activity	Minutes	Done?
Monday	WU, Run 40 mins, CD	40	
Tuesday	Rest		
Wednesday	WU, Run 30 mins, CD	30	
Thursday	Rest		
Friday	Rest	40	
Saturday	Light activity (like gentle walking)		
Sunday	10K Race Day!		

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Notes from me

lifeofamissfit.com



By the way:

WU = Warm up (don't forget to fully stretch too)

CD = Cool down

I have information on lifeofamissfit.com on how to stretch properly, and lots of other running guidance you might find helpful.

Please contact me if you need further info.

Thanks,

Katie

About me:

I'm Katie, I founded Lifeofamissfit back in 2016 and I'm so delighted you've chosen to do a 10k from zero!

Please reach out to me if you have questions about running your 10k or running in general:

Lifeofamissfit@gmail.com