

Commonwealth Running Company 10k Programs

Beginner 8-Week 10k Program

 Commonwealth Running Company	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One	Stretch & Strengthen	2.5 Mile Run	30 Minute Cross	2 Mile Run + Strength	Rest	40 Minute Crosstrain	3 Mile Run
Week Two	Stretch & Strengthen	2.5 Mile Run	30 Minute Cross	2 Mile Run + Strength	Rest	40 Minute Crosstrain	3.5 Mile Run
Week Three	Stretch & Strengthen	2.5 Mile Run	35 Minute Cross	2 Mile Run + Strength	Rest	50 Minute Crosstrain	4 Mile Run
Week Four	Stretch & Strengthen	3 Mile Run	35 Minute Cross	2 Mile Run + Strength	Rest	50 Minute Crosstrain	4.5 Mile Run
Week Five	Stretch & Strengthen	3 Mile Run	40 Minute Cross	2 Mile Run + Strength	Rest	60 Minute Crosstrain	5 Mile Run
Week Six	Stretch & Strengthen	3 Mile Run	40 Minute Cross	2 Mile Run + Strength	Rest	60 Minute Crosstrain	5.5 Mile Run
Week Seven	Stretch & Strengthen	3 Mile Run	45 Minute Cross	2 Mile Run + Strength	Rest	60 Minute Crosstrain	6 Mile Run
Week Eight	Stretch & Strengthen	3 Mile Run	30 Minute cross	2 Mile Run	Rest	Rest	10K Race

Advanced 8-Week 10k Program

 commonwealth RUNNING COMPANY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One	Interval Run 8 X .25 Mile	5km Run + strength	6 Mile Easy Run	Interval Run 5 X 0.5 Mile	3 Mile Run + strength	Tempo Run 30 min	Rest
Week Two	Interval Run 8 X .25 Mile	5km Run + strength	6 Mile Easy run	Interval Run 5 X .5 Mile	5 mile Run + strength	Tempo Run 30 min	Rest
Week Three	Interval Run 9 X .25 Mile	5km Run + strength	7 Mile Easy Run	Interval Run 5 X .5 Mile	5 mile Run + strength	Tempo Run 30 min	Rest
Week Four	Interval Run 10 X .25 Mile	5km Run + strength	7 Mile Easy Run	Interval Run 5 X .5 Mile	5 Mile Run + strength	Tempo Run 30 min	Rest
Week Five	Interval Run 8 X .25 Mile	5km Run + strength	6 Mile Easy run	Interval Run 3 X .5 Mile	3 Mile Run + strength	Tempo Run 30 min	Rest
Week Six	Interval Run 10 X .25 Mile	5km Run + strength	7 Mile Easy Run	Interval Run 6 X .5 Mile	5 Mile Run + strength	Tempo Run 30 min	Rest
Week Seven	Interval Run 12 X .25 Mile	5km Run + strength	6 Mile Easy run	Interval Run 5 X .5 Mile	5 Mile Run + strength	Tempo Run 30 min	Rest
Week Eight	Interval Run 6 X .25 Mile	5km Easy Run	Tempo Run 30 minutes	3 Mile Easy Run	Rest	Rest	10km Race