HOKA

Your 10-week 10k running plan

Don't forget your warm up and warm down: Start and end each running training session with a 5 minute walk to help you warm up and cool down your muscles, minimising the risk of injury.

Active Rest | Jog/Walk/Easy Run | Race Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 01	**Jog 30s, walk 30s Repeat 5x Jog/easy run 10 mins** (total time: 25 mins*)	**Rest**	**Jog/easy run 15 mins** (total time: 25 mins*)	**Rest**	**Jog/easy run 1 min, walk 30s Repeat 10x** (total time: 25 mins*)	**Rest**	**Easy run 15 mins** (total time: 25 mins*)
Week 02	**Rest**	**Jog 30s, walk 30s Repeat 10x Jog/easy run 10 mins** (total time: 30 mins*)	**Rest**	**Jog/easy run 20 mins** (total time: 30 mins*)	**Rest**	**Jog/easy run 5 mins, walk 1 min Repeat 5x** (total time: 40 mins*)	**Active rest: walk 30-60 mins**
Week 03	**Jog/easy run 25 mins** (total time: 35 mins*)	**Rest**	**Jog/easy run 10 mins, walk 90s Repeat 3x** (total time: 45 mins*)	**Rest**	**Jog/easy run 10 mins, walk 3 mins Jog 10 mins** (total time: 33 mins*)	**Rest**	**Easy run 20 mins, walk 90s Easy run 10 mins** (total time: 42 mins*)
Week 04	**Rest**	**Jog/easy run 3 mins, walk 1 min Repeat 10x** (total time: 50 mins*)	**Rest**	**Jog/easy run 25 mins** (total time: 35 mins*)	**Rest**	**Jog/easy run 10 mins, walk 90s Jog/easy run 1 min, walk 30s Repeat 10x Jog/easy run 10 mins** (total time: 47 mins*)	**Active rest: walk 30-60 mins**
Week 05	**Jog/easy run 25 mins** (total time: 35 mins*)	**Rest**	**Jog/easy run 5 mins, walk 1 min Repeat 6x** (total time: 36 mins*)	**Rest**	**Jog/easy run 15 mins, walk 90s Jog /easy run 15 mins** (total time: 42 mins*)	**Rest**	**Easy run 30 mins** (total time: 40 mins*)
Week 06	**Rest**	**Jog/easy run 4 mins, walk 60s Repeat 10x** (total time: 1 hour*)	**Rest**	**Easy run 15 mins, walk 90s Jog 15 mins** (total time: 42 mins*)	**Rest**	**Jog/easy run 35 mins** (total time: 45 mins*)	**Active rest: walk 30-60 mins**
Week 07	**Jog/easy run 30 mins 100m stride, 100m walk Repeat 4x** (total time: 45 mins approx.*)	**Rest**	**Easy run 10 mins, walk 90s Jog 3 mins, walk 1 min Jog 2 mins, walk 1 min Jog 1 min, walk 2 mins Repeat 4x Easy run 10 mins** (total time: 1 hour 12 mins*)	**Rest**	**Jog/easy run 20 mins, walk 90s Jog/easy run 20 mins** (total time: 52 mins*)	**Rest**	**Easy run 45 mins** (total time: 55 mins*)
Week 08	**Rest**	**Jog/easy run 30 mins 100m stride, 100m walk Repeat 4x** (total time: 45 mins approx.*)	**Rest**	**Easy run 10 mins, walk 90s Jog 5 mins, walk 1 min Repeat 6x Easy run 10 mins** (total time: 1 hour 8 mins*)	**Rest**	**Jog 5km**	**Active rest: walk 60 mins**
Week 09	**Jog/easy run 30 mins 100m stride, 100m walk Repeat 4x** (total time: 45 mins approx.*)	**Rest**	**Jog 1 min, walk 1 min Repeat 10x 3 mins walk Repeat all the above** (total time: 53 mins*)	**Rest**	**Jog/easy run 50 mins** (total time: 1 hour*)	**Rest**	**Easy run 40 mins** (total time: 50 mins*)
Week 10	**Rest**	**Jog/easy run 30 mins 100m stride, 100m walk Repeat 4x** (total time: 45 mins approx.*)	**Rest**	**Easy run 10 mins, walk 90s Jog 5 mins, walk 1 min Jog 4 mins, walk 1 min Jog 3 mins, walk 1 min Jog 2 mins, walk 1 min Jog 1 min** (total time: 43 mins*)	**Rest**	**Easy run 15 mins** (total time: 25 mins*)	**10km Day!**

*** includes 5-minute walk warm up and warm down**