

8-Week Training Plan for 10K Trail Run

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	<i>Speed-Play Run</i> 30 min mostly easy with 6 x 15-sec sprints sprinkled in	<i>Optional</i> 30 min easy run	<i>Hills</i> 10 min easy 6 x (30 sec hard uphill + 2 min easy recovery) 5 min easy	<i>Optional</i> 30 min easy run	<i>Long Run</i> 5 miles easy	<i>Optional</i> 30 min easy run
2	Rest	<i>Speed-Play Run</i> 35 min mostly easy with 6 x 30-sec sprints	<i>Optional</i> 35 min easy run	<i>Tempo Run</i> 10 min easy 10 min moderate 10 min easy	<i>Optional</i> 30 min easy run	<i>Long Run</i> 5.5 miles easy	<i>Optional</i> 30 min easy run
3	Rest	<i>Speed-Play Run</i> 40 min mostly easy with 6 x 45-sec sprints	<i>Optional</i> 35 min easy run	<i>Hills</i> 10 min easy 8 x (30 sec hard uphill + 2 min easy) 5 min easy	<i>Optional</i> 35 min easy run	<i>Long Run</i> 6 miles easy	<i>Optional</i> 30 min easy run
4	Rest	<i>Speed-Play Run</i> 35 min mostly easy with 6 x 30-sec sprints	<i>Optional</i> 30 min easy run	<i>Tempo Run</i> 10 min easy 10 min moderate 10 min easy	<i>Optional</i> 30 min easy run	<i>Long Run</i> 5 miles easy	<i>Optional</i> 30 min easy run
5	Rest	<i>Speed-Play Run</i> 40 min mostly easy with 6 x 1-min sprints	<i>Optional</i> 40 min easy run	<i>Hills</i> 10 min easy 10 x (30 sec hard uphill + 2 min easy) 5 min easy	<i>Optional</i> 35 min easy run	<i>Long Run</i> 6.5 miles easy	<i>Optional</i> 35 min easy run
6	Rest	<i>Speed-Play Run</i> 45 min mostly easy with 6 x 2-min sprints	<i>Optional</i> 40 min easy run	<i>Tempo Run</i> 10 min easy 15 min moderate 10 min easy	<i>Optional</i> 40 min easy run	<i>Long Run</i> 7 miles easy	<i>Optional</i> 35 min easy run
7	Rest	<i>Speed-Play Run</i> 40 min mostly easy with 5 x 2-min sprints	<i>Optional</i> 35 min easy run	<i>Hills</i> 10 mins easy 6 x (30 sec hard uphill + 2 min easy) 5 min easy	<i>Optional</i> 35 min easy run	<i>Long Run</i> 5 miles easy	<i>Optional</i> 35 min easy run
8	Rest	<i>Speed-Play Run</i> 30 min mostly easy with 6 x 15-sec sprints	<i>Optional</i> 30 min easy run	<i>Tempo Run</i> 10 min easy 10 min moderate 5 min easy	<i>Optional</i> 20 min easy run	10K Trail Race	