



Hartford Marathon Foundation

10K Training

Weeks to Race	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
10	Off	2	2	1	Off	1	4	10
9	Off	3	2	1	Off	2	4	12
8	Off	3.5	2	1	Off	2	4.5	13
7	Off	4	2	1	Off	2	5	14
6	Off	4	2	1	Off	2	6	15
5	Off	5	2	1	Off	2	6	16
4	Off	4	Off	2	Off	2	7	15
3	Off	3	2	1	Off	2	6	14
2	Off	4	2	1	Off	2	5	14
1	Off	2	1	3	Off	1	3	10
Race Week	Race Day!	1	3	1	4	Off	Off	

	Base Building
	Taper
	Race Day
	Recovery

Note: This is a basic progressive training schedule. Your actual mileage may vary! Due to the diversity of experience and fitness levels, it may not be appropriate for all runners.

It is based upon the assumption that you are currently running at least 8 miles per week, at least three times per week, and are able to complete a 5K.

Novices, reduce the Sunday and Thursday mileage as needed. Cross-train or walk. First priority is to remain injury free! Most runners will want to run all of the mileage at an 80% of full effort level. Pace of runs is determined based upon your current level of fitness.