PB PROTOCOL

TRAINING PROGRAM

10K

BY HOKA

PB PROTOCOL

YOUR 10-WEEK 10K TRAINING PLAN

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

10K

WEEK 1

10K PROGRAM

MONDAY
Total time: 25 mins

- Jog 30s, walk 30s

  Repeat 5x

- Jog/easy run 10 mins

TUESDAY

Rest

WEDNESDAY
Total time: 25 mins

Jog/easy run 15 mins

THURSDAY

Rest

FRIDAY
Total time: 25 mins

Jog/easy run 1 min, walk 30s

Repeat 10x

SATURDAY

Rest

SUNDAY
Total time: 25 mins

Easy run 15 mins

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WEEK 2

10K PROGRAM

MONDAY

Rest

TUESDAY
Total time: 30 mins

- Jog 30s, walk 30s

Repeat 10x

- Jog/easy run 10 mins

WEDNESDAY

Rest

THURSDAY
Total time: 30 mins

Jog/easy run 20 mins

FRIDAY

Rest

SATURDAY
Total time: 40 mins

Jog/easy run 5 mins, walk 1 min

Repeat 5x

SUNDAY

Active rest: walk 30-60 mins

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WEEK 3

10K PROGRAM

MONDAY
Total time: 35 mins

Jog/easy run 25 mins

TUESDAY

Rest

THURSDAY
Total time: 45 mins

Jog/easy run 10 mins, walk 90s

Repeat 3x

THURSDAY
Total time: 30 mins

Rest

FRIDAY
Total time: 33 mins
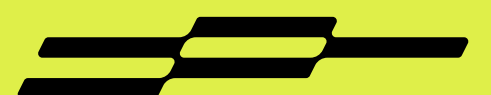
Jog/easy run 10 mins, walk 3 min, jog 10 mins

SATURDAY

Rest

SUNDAY
Total time: 42 mins

Easy run 20 mins, walk 90s, easy run 10 mins

PB PROTOCOL

WEEK 4

10K PROGRAM

MONDAY

Rest

TUESDAY
Total time: 50 mins

Jog/easy run 3 mins, walk 1 min

Repeat 10x

WEDNESDAY

Rest

THURSDAY
Total time: 35 mins

Jog/easy run 25 mins

FRIDAY

Rest

SATURDAY
Total time: 47 mins

- Jog/easy run 10 mins, walk 90s
- Jog/easy run 1 mins, walk 30s

Repeat 10x

- Jog/easy run 10 mins

SUNDAY

Active rest: walk 30-60 mins

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WEEK 5

10K PROGRAM

MONDAY
Total time: 35 mins

Jog/easy run 25 mins

TUESDAY

Rest

THURSDAY
Total time: 36 mins

Jog/easy run 5 mins, walk 1 min

Repeat 6x

THURSDAY
Total time: 30 mins

Rest

FRIDAY
Total time: 42 mins
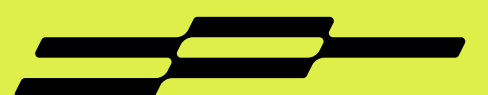
Jog/easy run 15 mins, walk 90s, jog/easy run 15 mins

SATURDAY

Rest

SUNDAY
Total time: 40 mins

Easy run 30 mins

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WEEK 6

10K PROGRAM

MONDAY

Rest

TUESDAY
Total time: 1 hour

Jog/easy run 4 mins, walk 1 min

Repeat 10x

WEDNESDAY

Rest

THURSDAY
Total time: 42 mins

Easy run 15 mins, walk 90s, jog 15 mins

FRIDAY

Rest

SATURDAY
Total time: 45 mins

Jog/easy run 35 mins

SUNDAY

Active rest: walk 30-60 mins

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WEEK 7

10K PROGRAM

MONDAY
Total time: 45 mins
- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY
Rest

THURSDAY
Total time: 1 hour 12 mins
- Easy run 10 mins, walk 90 s
- Jog 3 mins, walk 1 min
- Jog 2 mins, walk 1 min
- Jog 1 min, walk 2 mins

Repeat 4x

Easy run 10 mins

THURSDAY
Rest

FRIDAY
Total time: 52 mins
Jog/easy run 20 mins, walk 90s, jog/easy run 20 mins

SATURDAY
Rest

SUNDAY
Total time: 55 mins
Easy run 45 mins

PB PROTOCOL

WEEK 8

10K PROGRAM

MONDAY
Rest

TUESDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY
Rest

THURSDAY
Total time: 1 hour 8 mins

- Easy run 10 mins, walk 90s
- Jog 5 mins, walk 1 min

Repeat 6x

- Easy run 10 mins

FRIDAY
Rest

SATURDAY
Jog 5km

SUNDAY
Active rest: walk 60 mins

PB PROTOCOL

WEEK 9

MONDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY
Rest

THURSDAY
Total time: 53 mins

- Jog 1 min, walk 1 min

  Repeat 10x

- Walk 3 mins

  Repeat all 2x

THURSDAY
Rest

FRIDAY
Total time: 1 hour

Jog/easy run 50 mins

SATURDAY
Rest

SUNDAY
Total time: 50 mins

Easy run 40 mins

PB PROTOCOL

WEEK 10

10K PROGRAM

MONDAY

Rest

TUESDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY

Rest

THURSDAY
Total time: 43 mins

- 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

FRIDAY

Rest

SATURDAY
Total time: 25 mins

Easy run 15 mins

SUNDAY

10km Day!

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