



6-WEEKS TO 10K
ON-THE-GO
10K
TRAINING PLAN



On-The-Go Training Plan

★ 6-Weeks To 10K ★

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	20-Min Run	HIIT + Strength	2-Miles	Active Rest Day	20-Minute	Rest Day	3.5-Miles
Week 2	25-Min Run	HIIT + Strength	2-Miles	Active Rest Day	20-Minute	Rest Day	4-Miles
Week 3	30-Min Run	HIIT + Strength	2.5-Miles	Active Rest Day	25-Minute	Rest Day	4.5-Miles
Week 4	30-Min Run	HIIT + Strength	3-Miles	Active Rest Day	25-Minute	Rest Day	5-Miles
Week 5	35-Min Run	HIIT + Strength	3-Miles	Active Rest Day	30-Minute	Rest Day	5.5-Miles
Week 6	35-Min Run	HIIT + Strength	3.5-Miles	Active Rest Day	30-Minute	Rest Day	6-Miles

Tips & Tricks:



- Fuel up with at least 64oz. of water every day
- Make sure to consume all required nutrients each day for optimal performance
- Create playlists for each length of run
- Recruit a friend or family member to train with you so you can encourage one another
- Engage with other trainees online
- Stretch lightly before a run and more deeply once you return
- For HIIT workouts, check out YouTube!
- Active rest day can include a walk, yoga, or another light form of exercise

I will be running alongside you and would love to be updated on your progress! Share with me on social channels using #BiancaBlogs where you can ask questions, request further information on the blog, share photos, and give me your own tips & tricks from your new experience. If you're a seasoned professional, I would be excited to share your must-do's & don'ts with everyone as well --> Just send a message to info@biancablogs.com

* Please note: I am not a licensed fitness professional and do not claim to be. I have been running for many years as a lover of the sport and share this training plan based on my own performance history and experience.

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