



-supporting-



May 2, 2026

10M 8 Week Training Plan

Date Started: _____ Goal: _____

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Strength Upper Body	2 miles	Strength Lower Body	2 miles	Cross Train	3 miles	Rest
2	Strength Upper Body	2 miles	Strength Lower Body	2 miles	Cross Train	4 miles	Rest
3	Strength Upper Body	2 miles	Strength Lower Body	3 miles	Cross Train	5 miles	Rest
4	Strength Upper Body	3 miles	Strength Lower Body	4 miles	Cross Train	6 miles	Rest
5	Strength Upper Body	3 miles	Strength Lower Body	5 miles	Cross Train	7 miles	Rest
6	Strength Upper Body	4 miles	Strength Lower Body	5 miles	Cross Train	8 miles	Rest
7	Strength Upper Body	4 miles	Strength Lower Body	4 miles	Cross Train	5 miles	Rest
8	Strength Upper Body	4 miles	Strength Lower Body	4 miles	Rest	Race Day	Rest

Sign Up: www.mnrunseries.com