

You can cruise through a 10K

Use this easy plan from Nike master trainer Marie Purvis to nail 6.2 miles.

week	mon	tues	wed	thurs	fri	sat	sun
1	Run 2 miles at an easy pace	Strength train	Run 2 miles at an easy pace	Strength train	Yoga Aim for an hour	Run 2.5 miles at an easy pace	Day off!
2	Run 2 miles at an easy pace	Strength train	Speed interval 1 mile easy warm-up. Sprint 200 meters (m), walk 200. Repeat 4 times.	Strength train	Yoga	Run 3 miles at an easy pace	Day off!
3	Run 3 miles at an easy pace	Strength train	Tempo run 1 mile jog; 2 miles tempo pace (1 min faster than race pace); 1 mile jog	Strength train	Yoga	Run 3.5 miles at an easy pace	Day off!
4	Strength train	Hill sprints Go all-out uphill for 30 seconds; walk back down. Repeat 5 times.	Cross-train Try cycling, swimming or your favorite cardio class.	Tempo run 1 mile jog; 2 miles tempo pace (1 min faster than race pace); 1 mile jog	Yoga	Run 4 miles at an easy pace	Day off!
5	Run 3.5 miles at an easy pace	Strength train	Speed interval: 1 mile easy warm-up. Sprint 200m, walk 200m. Repeat 5 times.	Cross-train	Yoga	Run 5 miles at an easy pace	Day off!
6	Run 3.5 miles at an easy pace	Strength train	Run 4 miles at an easy pace	Strength train	Yoga	Run 5.5 miles at an easy pace	Day off!
7	Tempo run 1 mile jog; 3 miles at tempo pace; 1 mile jog	Strength train	Hill sprints Go all-out uphill for 30 seconds; walk back down. Repeat 6 times.	Yoga	Strength train and Yoga	Run 6 miles at an easy pace	Day off!
8	Run 5 miles at an easy pace	Strength train	Speed interval 1 mile easy warm-up. Sprint 200m, walk 200m; repeat 5 times. Sprint 100m; walk 100m. Repeat 5 times.	Strength train	Yoga	Run 7 miles at an easy pace	Day off!
9	Run 4.5 miles at an easy pace	Yoga	Tempo run 1 mile jog; 3 miles tempo pace; 1 mile jog	Cross-train	Yoga	Run 8 miles at an easy pace	Day off!
10	Run 4 miles at an easy pace	Run 3 miles at an easy pace	Yoga	Day off!	Day off!	Shake out 2 miles at an easy pace	race day!