

N2R

NONE TO RUN

10K TRAINING PLAN

- GET READY TO RACE 10K IN 8 WEEKS
- BUILD YOUR STRENGTH
- STAY INJURY FREE

DESIGNED BY A CERTIFIED RUNNING COACH

YOU'RE A RUNNER.



With simple intervals and essential strength routines, **None to Run's 10k Training Plan** will take you **all the way to your first 10k race** in 8 weeks.

It doesn't matter how fast you end up running on race day – it's all about consistency, building strength, and actually enjoying yourself along the way.

WHO IS THIS PLAN FOR?

The **None to Run (N2R) 10k Training Plan** is for beginner runners who can comfortably run 5k (at any pace) without stopping. If you can't run for more than 10-minutes without catching your breath, you'll want to try the **N2R 12-Week Beginner Plan** and the **N2R 5K Training Plan** before starting this one.

HOW IT WORKS

Each week, you'll perform four running workouts. You'll also complete two short strength and mobility routines. Don't worry - there's no equipment needed.

Thursdays and Sundays are rest days. If you want to switch up the plan to suit your own schedule, you can - just be sure to alternate between running, rest, and strength-training days.

WORKOUT TYPES

Run: 2-3 times a week at a comfortable pace

Strength Routine: Complete two sets of each routine, twice a week. You'll find all the routines on our [Youtube channel](#).

Intervals: Alternate between a hard but controlled run and a recovery walk

Fartlek: Alternate between slow jog and faster run

Hills: Steady running up a gentle hill or treadmill incline, followed by 2 minute rest

Tempo: Comfortable and sustained fast pace

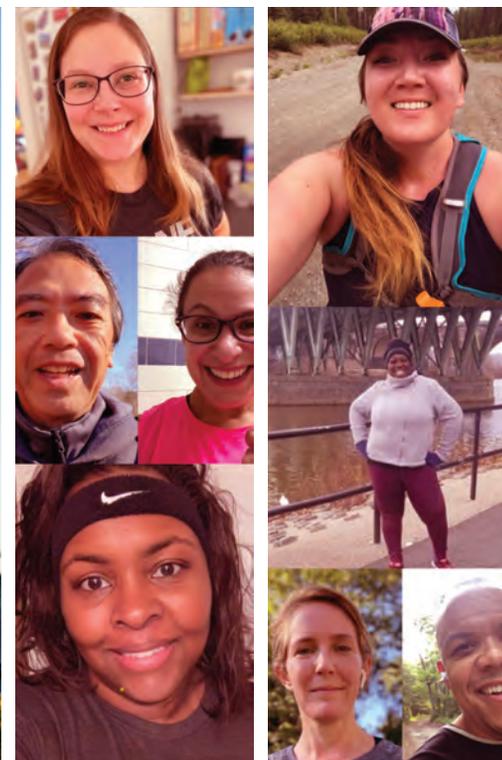
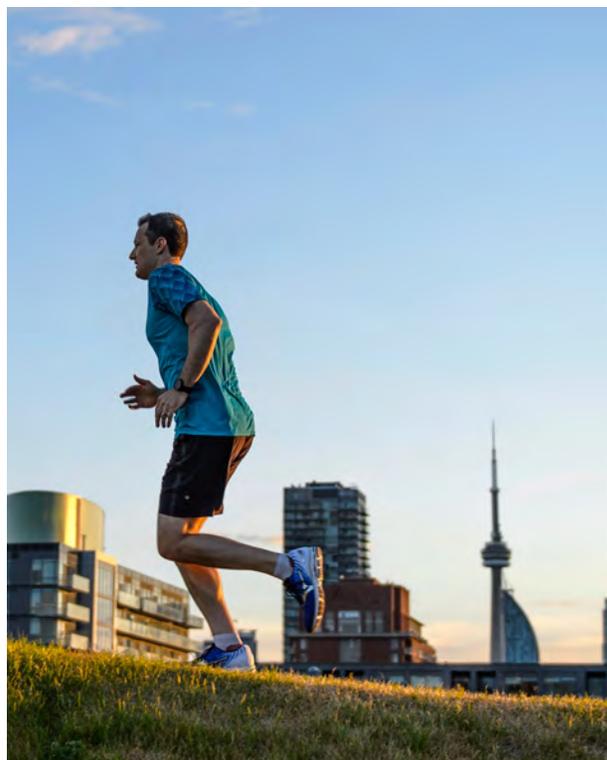
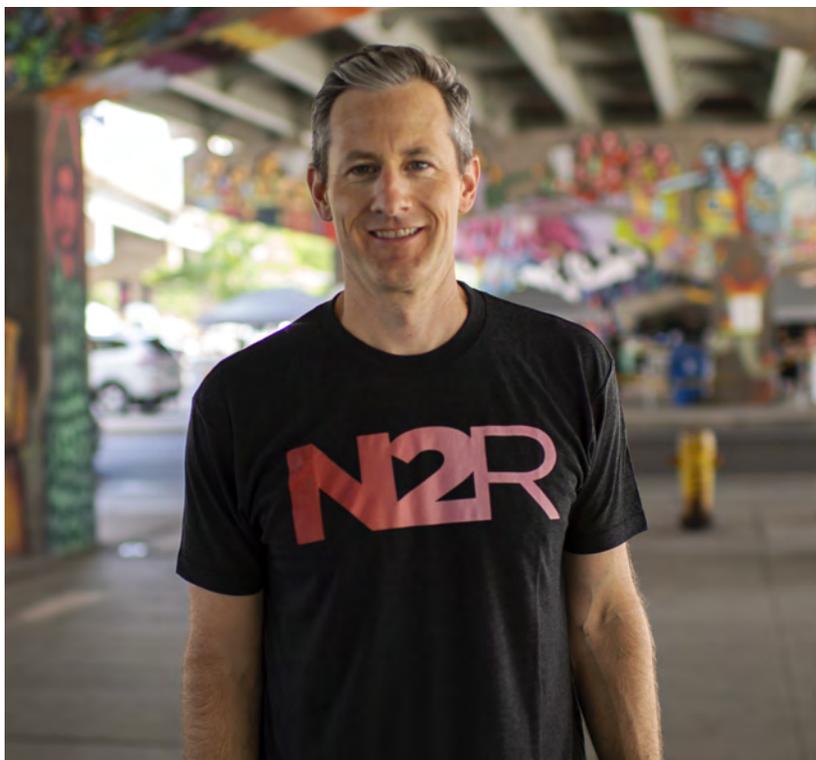
MAKE LIFE EASY - GET THE APP

Time your intervals, log runs, see your stats, and share your success with the [N2R app](#) for iPhone and Android.



RUNNING DOESN'T HAVE TO BE HARD.

N2R



MEET MARK KENNEDY, N2R FOUNDER

Hey, I'm Mark. I'm an RRCA Certified Distance Running Coach with a background in Kinesiology. I'm also a proud Canadian and dad of two active boys.

Ten years ago, I created **None to Run** as a blog and personal outlet to stay in touch with my passion for exercise science and healthy living. I wanted to help people get moving, realize their goals, and become runners for life.

Since then, **None to Run** has grown into a thriving community of runners, a podcast and an app.

We've been featured in places like The Globe and Mail, CBC News, SELF, Canadian Running Magazine, The London Times, Bustle Magazine and more.

My aim is to help you get started safely and finally start to enjoy running.

You can connect with me (and thousands of other runners) in the **N2R online community**, or send me your questions at mark@nonetorun.com.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	 3 - 5 km Slow Run	 Strength and Mobility Workout	5-min Warm-up Walk → INTERVALS  90s Fast Run +  2-min Recovery Walk ↻ 5 Times	REST DAY	 3 km Slow Run +  Strength and Mobility Workout	 3 - 4 km Slow Run	REST DAY
WEEK 2	 3 - 5 km Slow Run	 Strength and Mobility Workout	5-min Warm-up Walk → INTERVALS  2-min Fast Run +  3-min Recovery Walk ↻ 5 Times	REST DAY	 3 km Slow Run +  Strength and Mobility Workout	 3 - 4 km Slow Run	REST DAY
WEEK 3	 4 - 5 km Slow Run	 Strength and Mobility Workout	5-min Warm-up Walk → FARTLEK  1-min Slow Jog +  30s Fast Run ↻ 7 Times	REST DAY	 3 km Slow Run +  Strength and Mobility Workout	 4 - 5 km Slow Run	REST DAY
WEEK 4	 4 - 5 km Slow Run	 Strength and Mobility Workout	5-min Warm-up Walk → FARTLEK  1-min Slow Jog +  30s Fast Run ↻ 5 Times	REST DAY	 3 km Slow Run +  Strength and Mobility Workout	 4 - 5 km Slow Run	REST DAY

DON'T LIKE TIMING YOUR OWN INTERVALS? GET THE **N2R APP** FOR IPHONE AND ANDROID.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	 4 - 5 km Slow Run	 7-minute Strength Routine for Runners	HILLS  →  +  5-min Warm-up Walk 20-30s Hill Run 2-min Rest ↻ 10 Times	REST DAY	 +  4 km Slow Run IT Band Routine	 6 - 8 km Slow Run	REST DAY
WEEK 6	 4 - 5 km Slow Run	 7-minute Strength Routine for Runners	HILLS  →  +  5-min Warm-up Walk 30-40s Hill Run 2-min Rest ↻ 10 Times	REST DAY	 +  4 km Slow Run IT Band Routine	 7 - 9 km Slow Run	REST DAY
WEEK 7	 4 - 5 km Slow Run	 7-minute Strength Routine for Runners	TEMPO  →  5-min Warm-up Walk 20-min Fast Run	REST DAY	 +  4 km Slow Run IT Band Routine	 6 km Slow Run	REST DAY
WEEK 8	 4 - 5 km Slow Run	 7-minute Strength Routine for Runners	TEMPO  →  5-min Warm-up Walk 20-min Fast Run	REST DAY	 +  4 km Slow Run IT Band Routine	REST DAY	RACE DAY! 