

10K + 25 MIN SPEED TRAIN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	☐ F&M 1	☐ Upper Body 1 ☐ Easy Run (2 mi)	☐ Lower Body 1	☐ Intervals (4x 400m) ☐ Core Cardio	☐ Lower Body 2 (light) ☐ Easy Run (2 mi)	☐ Upper Body 2	☐ Total Body ☐ Easy Run (2 mi)
2	☐ F&M 2	☐ Upper Body 1 ☐ Easy Run (3 mi)	☐ Lower Body 2	☐ Intervals (5x 400m) ☐ Core Cardio	☐ Lower Body 1 (light) ☐ Easy Run (3 mi)	☐ Upper Body 2	☐ Total Body ☐ Easy Run (3 mi)
3	☐ F&M 1	☐ Upper Body 1 ☐ Long Run (4 mi)	☐ Lower Body 1	☐ Intervals (6x 400m) ☐ Core Cardio	☐ Lower Body 2 (light) ☐ Easy Run (3 mi)	☐ Upper Body 2 ☐ Tempo Run (20 min)	☐ Total Body ☐ Easy Run (3 mi)
4	☐ F&M 2	☐ Upper Body 1 ☐ Long Run (4 mi)	☐ Lower Body 2	☐ Intervals (6x 400m) ☐ Core Cardio	☐ Lower Body 1 (light) ☐ Easy Run (3 mi)	☐ Upper Body 2 ☐ Tempo Run (25 min)	☐ Total Body ☐ Easy Run (3 mi)
5	☐ F&M 1	☐ Upper Body 1 ☐ Long Run (5 mi)	☐ Lower Body 1	☐ Intervals (4x 800m) ☐ Core Cardio	☐ Lower Body 2 (light) ☐ Easy Run (3 mi)	☐ Upper Body 2 ☐ Tempo Run (25 min)	☐ Total Body ☐ Easy Run (4 mi)
6	☐ F&M 2	☐ Upper Body 1 ☐ Long Run (5 mi)	☐ Lower Body 1	☐ Intervals (5x 800m) ☐ Core Cardio	☐ Lower Body 2 (light) ☐ Easy Run (3 mi)	☐ Upper Body 2 ☐ Tempo Run (30 min)	☐ Total Body ☐ Easy Run (4 mi)
7	☐ F&M 1	☐ Upper Body 1 ☐ Long Run (6 mi)	☐ Lower Body 2	☐ Intervals (6x 800m) ☐ Core Cardio	☐ Lower Body 1 (light) ☐ Easy Run (4 mi)	☐ Upper Body 2 ☐ Tempo Run (30 min)	☐ Total Body ☐ Easy Run (5 mi)
8	☐ F&M 2	☐ Upper Body 1 ☐ Long Run (7 mi)	☐ Lower Body 2	☐ Intervals (6x 800m) ☐ Core Cardio	☐ Lower Body 1 (light) ☐ Easy Run (4 mi)	☐ Upper Body 2 ☐ Tempo Run (30 min)	☐ Total Body ☐ Easy Run (6 mi)

Easy Run (Recovery & Base)

- Pace: Conversational pace - you should be able to talk in full sentences.
- Effort: 60-70% of max effort (or 65-75% max heart rate).

Tempo Run (Race Stamina)

- Pace: "Comfortably hard" - you can speak in short phrases, but not carry on a full conversation.
- Effort: 80-85% of max effort (or 80-90% max heart rate).

Intervals (Speed & Power)

- Pace: "Harder" running - leaving you breathless & needing recovery.
- Effort: 90-95% of max effort.

Long Run (Endurance)

- Pace: Easy to steady - still conversational, slightly slower than goal 10k pace.
- Effort: 65-75% of max effort.

Notes

- Keep lower body workout moderate to avoid overtaxing legs before long runs.
- Use upper body & core cardio days to maintain balance without interfering with run performance.
- Flexibility & mobility (F&M) is crucial, DO NOT SKIP!

This calendar has been created as a suggested workout schedule using various Beachbody On Demand (BOD) and BODi programming. This in no way repents Beachbody or the tested results that can be achieved using the Beachbody approved Workout Calendars and Nutrition Plans as written.