

DAMASCUS **10K** TRAINING PLAN

8 WEEKS



WEEK	DATE	DAY	SESSION TYPE	DETAILS
1	2025-06-01	SUNDAY	EASY RUN	RUN 3-5 KM AT A RELAXED PACE. KEEP CONVERSATION GOING.
1	2025-06-02	MONDAY	REST OR WALK	TAKE FULL REST OR A GENTLE 20-30 MIN WALK.
1	2025-06-03	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 2 KM AT TEMPO PACE, COOL DOWN 1 KM.
1	2025-06-04	WEDNESDAY	EASY RUN	RUN 4-5 KM AT EASY PACE. LOOSEN LEGS FROM TUESDAY.
1	2025-06-05	THURSDAY	INTERVALS	4 X 400M FAST (5K PACE) WITH 400M JOG BETWEEN.
1	2025-06-06	FRIDAY	CORE/STRENGTH	BODYWEIGHT STRENGTH AND CORE SESSION (30 MIN).
1	2025-06-07	SATURDAY	LONG RUN	RUN 4 KM AT SLOW, STEADY PACE.
2	2025-06-08	SUNDAY	EASY RUN	RUN 3-5 KM AT A RELAXED PACE. KEEP CONVERSATION GOING.
2	2025-06-09	MONDAY	REST OR WALK	TAKE FULL REST OR A GENTLE 20-30 MIN WALK.
2	2025-06-10	TUESDAY	HILL REPEATS	5-6 X 200M UPHILL EFFORTS WITH JOG BACK DOWN.
2	2025-06-11	WEDNESDAY	EASY RUN	RUN 4-5 KM AT EASY PACE. LOOSEN LEGS FROM TUESDAY.
2	2025-06-12	THURSDAY	INTERVALS	5 X 400M FAST (5K PACE) WITH 400M JOG BETWEEN.
2	2025-06-13	FRIDAY	CORE/STRENGTH	BODYWEIGHT STRENGTH AND CORE SESSION (30 MIN).
2	2025-06-14	STURDAY	LONG RUN	RUN 5 KM AT SLOW, STEADY PACE.
3	2025-06-15	SUNDAY	EASY RUN	RUN 3-5 KM AT A RELAXED PACE. KEEP CONVERSATION GOING.
3	2025-06-16	MONDAY	REST OR WALK	TAKE FULL REST OR A GENTLE 20-30 MIN WALK.
3	2025-06-17	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 3 KM AT TEMPO PACE, COOL DOWN 1 KM.
3	2025-06-18	WEDNESDAY	EASY RUN	RUN 4-5 KM AT EASY PACE. LOOSEN LEGS FROM TUESDAY.
3	2025-06-19	THURSDAY	INTERVALS	5 X 400M FAST (5K PACE) WITH 400M JOG BETWEEN.
3	2025-06-20	FRIDAY	CORE/STRENGTH	BODYWEIGHT STRENGTH AND CORE SESSION (30 MIN).
3	2025-06-21	SATURDAY	LONG RUN	RUN 6 KM AT SLOW, STEADY PACE.
4	2025-06-22	SUNDAY	EASY RUN	RUN 3-5 KM AT A RELAXED PACE. KEEP CONVERSATION GOING.
4	2025-06-23	MONDAY	REST OR WALK	TAKE FULL REST OR A GENTLE 20-30 MIN WALK.
4	2025-06-24	TUESDAY	HILL REPEATS	5-6 X 200M UPHILL EFFORTS WITH JOG BACK DOWN.

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WEEK	DATE	DAY	SESSION TYPE	DETAILS
4	2025-06-25	WEDNESDAY	EASY RUN	RUN 4–5 KM AT EASY PACE. LOOSEN LEGS FROM TUESDAY.
4	2025-06-26	THURSDAY	INTERVALS	6 X 400M FAST (5K PACE) WITH 400M JOG BETWEEN.
4	2025-06-27	FRIDAY	CORE/STRENGTH	BODYWEIGHT STRENGTH AND CORE SESSION (30 MIN).
4	2025-06-28	SATURDAY	LONG RUN	RUN 7 KM AT SLOW, STEADY PACE.
5	2025-06-29	SUNDAY	EASY RUN	RUN 3–5 KM AT A RELAXED PACE. KEEP CONVERSATION GOING.
5	2025-06-30	MONDAY	REST OR WALK	TAKE FULL REST OR A GENTLE 20–30 MIN WALK.
5	2025-07-01	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 4 KM AT TEMPO PACE, COOL DOWN 1 KM.
5	2025-07-02	WEDNESDAY	EASY RUN	RUN 4–5 KM AT EASY PACE. LOOSEN LEGS FROM TUESDAY.
5	2025-07-03	THURSDAY	INTERVALS	6 X 400M FAST (5K PACE) WITH 400M JOG BETWEEN.
5	2025-07-04	FRIDAY	CORE/STRENGTH	BODYWEIGHT STRENGTH AND CORE SESSION (30 MIN).
5	2025-07-05	SATURDAY	LONG RUN	RUN 8 KM AT SLOW, STEADY PACE.
6	2025-07-06	SUNDAY	EASY RUN	RUN 3–5 KM AT A RELAXED PACE. KEEP CONVERSATION GOING.
6	2025-07-07	MONDAY	REST OR WALK	TAKE FULL REST OR A GENTLE 20–30 MIN WALK.
6	2025-07-08	TUESDAY	HILL REPEATS	5–6 X 200M UPHILL EFFORTS WITH JOG BACK DOWN.
6	2025-07-09	WEDNESDAY	EASY RUN	RUN 4–5 KM AT EASY PACE. LOOSEN LEGS FROM TUESDAY.
6	2025-07-10	THURSDAY	INTERVALS	7 X 400M FAST (5K PACE) WITH 400M JOG BETWEEN.
6	2025-07-11	FRIDAY	CORE/STRENGTH	BODYWEIGHT STRENGTH AND CORE SESSION (30 MIN).
6	2025-07-12	SATURDAY	LONG RUN	RUN 9 KM AT SLOW, STEADY PACE.
7	2025-07-13	SUNDAY	EASY RUN	RUN 3–5 KM AT A RELAXED PACE. KEEP CONVERSATION GOING.
7	2025-07-14	MONDAY	REST OR WALK	TAKE FULL REST OR A GENTLE 20–30 MIN WALK.
7	2025-07-15	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 5 KM AT TEMPO PACE, COOL DOWN 1 KM.
7	2025-07-16	WEDNESDAY	EASY RUN	RUN 4–5 KM AT EASY PACE. LOOSEN LEGS FROM TUESDAY.
7	2025-07-17	THURSDAY	INTERVALS	7 X 400M FAST (5K PACE) WITH 400M JOG BETWEEN.
7	2025-07-18	FRIDAY	CORE/STRENGTH	BODYWEIGHT STRENGTH AND CORE SESSION (30 MIN).

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7	2025-07-19	SATURDAY	LONG RUN	RUN 9 KM AT SLOW, STEADY PACE.
8	2025-07-20	SUNDAY	EASY RUN	RUN 3-5 KM AT A RELAXED PACE. KEEP CONVERSATION GOING.
8	2025-07-21	MONDAY	REST OR WALK	TAKE FULL REST OR A GENTLE 20-30 MIN WALK.
8	2025-07-22	TUESDAY	HILL REPEATS	5-6 X 200M UPHILL EFFORTS WITH JOG BACK DOWN.
8	2025-07-23	WEDNESDAY	EASY RUN	RUN 4-5 KM AT EASY PACE. LOOSEN LEGS FROM TUESDAY.
8	2025-07-24	THURSDAY	INTERVALS	8 X 400M FAST (5K PACE) WITH 400M JOG BETWEEN.
8	2025-07-25	FRIDAY	CORE/STRENGTH	BODYWEIGHT STRENGTH AND CORE SESSION (30 MIN).
8	2025-07-26	SATURDAY	LONG RUN	RUN 9 KM AT SLOW, STEADY PACE.