CITY TRAIL LOPPET 10K TRAINING PLAN

RACE DAY
MAY 18, 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 24	WEEK 1	REST	WALK 1 MILE	RUN 1 MILE	WALK 1 MILE	REST	RUN 1 MILE	HIKE 1 MILE
MARCH 31	WEEK 2	REST	WALK 2 MILES	RUN 2 MILES	WALK 2 MILES	REST	RUN 3 MILES	HIKE 1 MILE
APR 7	WEEK 3	REST	WALK 3 MILES	RUN 2 MILES	RUN 2 MILES	REST	RUN 4 MILES	HIKE 2 MILES
APR 14	WEEK 4	REST	RUN 2 MILES	RUN 3 MILES	RUN 2 MILES	REST	RUN 3 MILES	HIKE 1 MILE
APR 21	WEEK 5	REST	RUN 2 MILES	RUN 4 MILES	RUN 2 MILES	REST	RUN 6 MILES	HIKE 2 MILES
APR 28	WEEK 6	REST	RUN 2 MILES	RUN 3 MILES	RUN 2 MILES	REST	RUN 5 MILES	HIKE 1 MILE
MAY 5	WEEK 7	REST	RUN 2 MILES	RUN 3 MILES	RUN 1 MILE	REST	RUN 3 MILES	REST
RACE WEEK!	WEEK 8	REST	RUN 2 MILES	RUN 1 MILE	RUN 1 MILE	REST	WALK 1 MILE	6.5!

TRAINING TIPS

- Doing a hill workout every other week will really help prepare you for a trail run, my favorite is 10 hills x 1 minute and recover on the downhill
- It's great to try adding in some injury prevention strength and stretching to your week
- Try to do at least one of your runs per week on trails - Theo Loopers is a free trail running group that meets weekly, 8am Saturday at The Trailhead (Note: Theo Loopers have a group of hikers as well if that's more your speed)
- Your Sunday hike can be replaced with some cross training if you like to mix things up