



**KOVALAM
MARATHON**
TRIVANDRUM | 13 SEP 2026

KOVALAM MARATHON

10K TRAINING PLAN

100-DAY TRAINING PLAN



100 DAYS
STRUCTURED PLAN



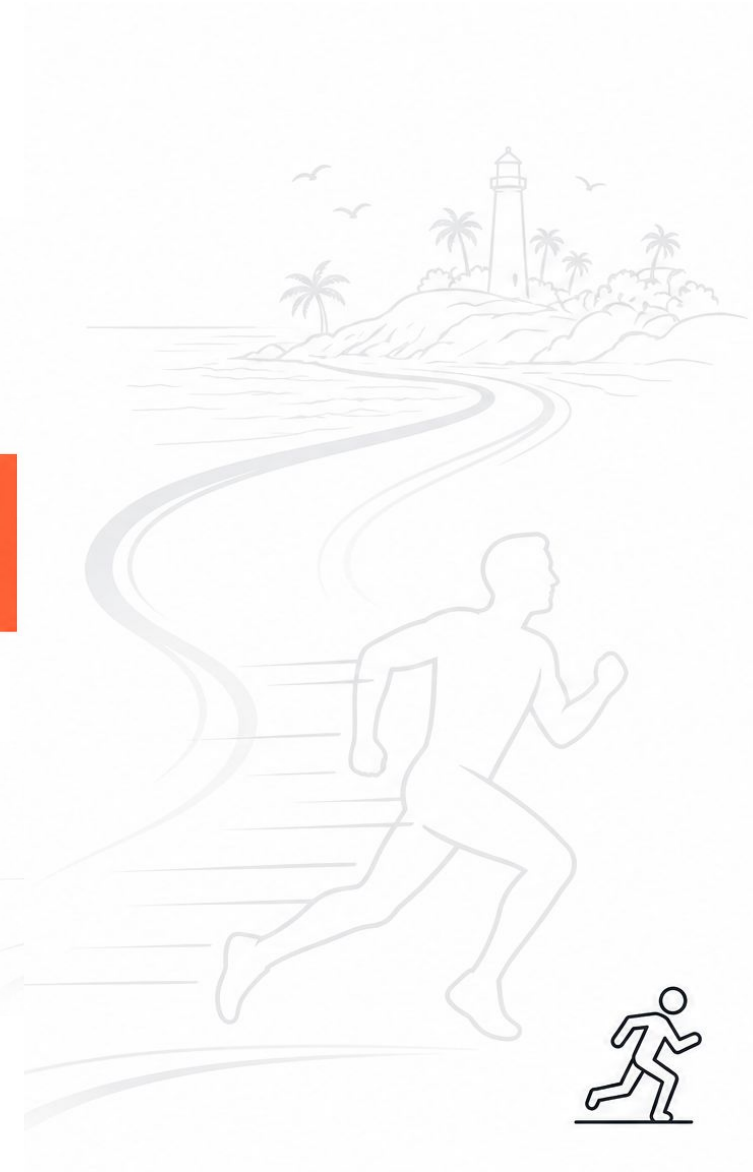
WEEKLY FOCUS
BUILD • ADAPT • PERFORM



TRAIN SMART
RECOVER • STAY STRONG



RACE READY
YOUR BEST MILE

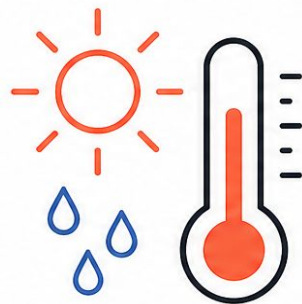


TRAINING OVERVIEW



Structured 100-Day Plan

14 weeks of
progressive training



Designed for Indian Weather

Heat & humidity
adaptation



Includes Hill Training

Kovalam terrain
preparation



Focus: Speed, Consistency & Endurance

Complete 10K
confidently

HOW TO USE THIS PLAN



1

Follow the weekly schedule consistently



2

Tick each day after completion



3

Keep easy runs slow – build aerobic base



4

Do not skip long runs – they build endurance



5

Start hill training from Week 4



KOVALAM
MARATHON

WEEKLY TRAINING STRUCTURE





WEEK 1 – BASE PHASE

















WEEK 1 OF 14

DAY	WORKOUT	DONE <input type="checkbox"/>
 MONDAY	Rest	<input type="checkbox"/>
 TUESDAY	Easy Run (3 km)	<input type="checkbox"/>
 WEDNESDAY	4 × 200m intervals	<input type="checkbox"/>
 THURSDAY	Easy Run (3 km)	<input type="checkbox"/>
 FRIDAY	Rest	<input type="checkbox"/>
 SATURDAY	2 km Steady + 1 km Tempo	<input type="checkbox"/>
 SUNDAY	Long Run (5 km)	<input type="checkbox"/>










WEEK 2 – BUILDING FOUNDATION

Day	Workout	Done <input type="checkbox"/>
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run (3.5 km)	<input type="checkbox"/>
 WEDNESDAY	 5 × 200m intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run (3 km)	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 2 km Steady + 1 km Tempo	<input type="checkbox"/>
 SUNDAY	 Long Run (6 km)	<input type="checkbox"/>



WEEK 3 – STEADY PROGRESS







CONTINUE BUILDING YOUR BASE. CONSISTENCY TODAY, STRENGTH TOMORROW.

DAY	WORKOUT		DONE
MONDAY		REST	<input type="checkbox"/>
TUESDAY		EASY RUN 4 KM	<input type="checkbox"/>
WEDNESDAY		6 × 400 M INTERVALS	<input type="checkbox"/>
THURSDAY		EASY RUN 4 KM	<input type="checkbox"/>
FRIDAY		REST	<input type="checkbox"/>
SATURDAY		2 km Steady + 1.5 km Tempo	<input type="checkbox"/>
SUNDAY		LONG RUN 7 KM	<input type="checkbox"/>



WEEK 4 – HILLS INTRODUCTION

10K PLAN

DAY	WORKOUT	FOCUS	
 MONDAY	● Rest	 Recovery	<input type="checkbox"/>
 TUESDAY	● Easy Run 4 km	 Easy Effort	<input type="checkbox"/>
 WEDNESDAY	● Hill Repeats (6 × 90 sec uphill)	 Strength	<input type="checkbox"/>
 THURSDAY	● Easy Run 4 km	 Easy Effort	<input type="checkbox"/>
 FRIDAY	● Rest	 Recovery	<input type="checkbox"/>
 SATURDAY	● 2 km Steady + 1.5 km Tempo	Threshold	<input type="checkbox"/>
 SUNDAY	● Long Run 7 km	 Endurance	<input type="checkbox"/>

















Hill training starts this week – builds leg strength



WEEK 5 – BUILDING SPEED
























10K TRAINING PLAN

DAY	WORKOUT	DONE
 MONDAY	 REST	<input type="checkbox"/>
 TUESDAY	 EASY RUN 5 KM	<input type="checkbox"/>
 WEDNESDAY	 8 × 400 M INTERVALS	<input type="checkbox"/>
 THURSDAY	 EASY RUN 4 KM	<input type="checkbox"/>
 FRIDAY	 REST	<input type="checkbox"/>
 SATURDAY	 3 km Steady + 1.5 km Tempo	<input type="checkbox"/>
 SUNDAY	 LONG RUN 8 KM	<input type="checkbox"/>

Week 6 – Progressive Build

 10K TRAINING PLAN

DAY	WORKOUT	FOCUS
 MONDAY	 Rest	 Recovery & Recharge <input type="checkbox"/>
 TUESDAY	 Easy Run 5 km	 Aerobic Base <input type="checkbox"/>
 WEDNESDAY	 Hill Repeats (8 × 90 sec uphill)	 Strength & Power <input type="checkbox"/>
 THURSDAY	 Easy Run 5 km	 Aerobic Base <input type="checkbox"/>
 FRIDAY	 Rest	 Recovery & Recharge <input type="checkbox"/>
 SATURDAY	 3 km Steady + 1.5 km Tempo	 Tempo & Endurance <input type="checkbox"/>
 SUNDAY	 Long Run 8 km	 Endurance <input type="checkbox"/>




Week 7 – Peak Phase Begins















DAY	WORKOUT	FOCUS
 MONDAY	 Rest	Recovery & recharge <input type="checkbox"/>
 TUESDAY	 Easy Run 5 km	Aerobic base <input type="checkbox"/>
 WEDNESDAY	 10 × 400 m intervals	Speed & VO ₂ max <input type="checkbox"/>
 THURSDAY	 Easy Run 5 km	Aerobic base <input type="checkbox"/>
 FRIDAY	 Rest	Recovery & recharge <input type="checkbox"/>
 SATURDAY	 3 km Steady + 2 km Tempo	Sustained effort <input type="checkbox"/>
 SUNDAY	 Long Run 9 km	Endurance & stamina <input type="checkbox"/>



Peak training weeks 7-10

Week 8 – Peak Training

 Week 8 continues the peak phase—building speed, strength, and endurance.















DAY	WORKOUT	COMPLETE
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run 5 km	<input type="checkbox"/>
 WEDNESDAY	 Hill Repeats (10 × 90 sec uphill)	<input type="checkbox"/>
 THURSDAY	 Easy Run 5 km	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 3 km Steady + 2 km Tempo	<input type="checkbox"/>
 SUNDAY	 Long Run 9 km	<input type="checkbox"/>



10K TRAINING PLAN















Week 9 - Maintaining Peak



DAY	WORKOUT	COMPLETE
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run 5 km	<input type="checkbox"/>
 WEDNESDAY	 12 × 400 m Intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run 5 km	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 3-4 km Steady + 2 km Tempo	<input type="checkbox"/>
 SUNDAY	 Long Run 8 km	<input type="checkbox"/>

Week 10 – Peak Complete















 You've completed the peak phase. Great work!

DAY	WORKOUT	COMPLETE
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run 5 km	<input type="checkbox"/>
 WEDNESDAY	 Hill Repeats (10 × 90 sec uphill)	<input type="checkbox"/>
 THURSDAY	 Easy Run 5 km	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 3-4 km Steady + 2 km Tempo	<input type="checkbox"/>
 SUNDAY	 Long Run 8 km	<input type="checkbox"/>

















WEEK 11 – RECOVERY PHASE



DAY	WORKOUT	COMPLETE
 MONDAY	 REST	<input type="checkbox"/>
 TUESDAY	 EASY RUN 4 km	<input type="checkbox"/>
 WEDNESDAY	 8 × 400 m INTERVALS	<input type="checkbox"/>
 THURSDAY	 EASY RUN 4 km	<input type="checkbox"/>
 FRIDAY	 REST	<input type="checkbox"/>
 SATURDAY	 2 km Steady + 1.5 km Tempo	<input type="checkbox"/>
 SUNDAY	 LONG RUN 7 km	<input type="checkbox"/>



Week 12 - Taper Begins

DAY	WORKOUT	DONE
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run 4 km	<input type="checkbox"/>
 WEDNESDAY	 6 × 400 m intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run 3 km	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 2 km Steady + 1 km Tempo	<input type="checkbox"/>
 SUNDAY	 Long Run 6 km	<input type="checkbox"/>












Volume reduces – trust your training



WEEK 13 – FINAL TAPER















 10K PLAN

DAY	WORKOUT	DETAILS
 MONDAY	 Rest	Rest and recover <input type="checkbox"/>
 TUESDAY	 Easy Run	3 km <input type="checkbox"/>
 WEDNESDAY	 4 × 400 m Intervals (easy)	4 × 400 m at easy effort Walk/jog recovery <input type="checkbox"/>
 THURSDAY	 Easy Run	3 km <input type="checkbox"/>
 FRIDAY	 Rest	Rest and recover <input type="checkbox"/>
 SATURDAY	 Easy Run	4 km <input type="checkbox"/>
 SUNDAY	 Easy Run	5 km <input type="checkbox"/>



KEEP RUNS SHORT AND EASY – LET YOUR BODY RECOVER

Week 14 - Race Week

DAY	WORKOUT	COMPLETE
 MONDAY	 REST	<input type="checkbox"/>
 TUESDAY	 EASY RUN 3 KM	<input type="checkbox"/>
 WEDNESDAY	 REST	<input type="checkbox"/>
 THURSDAY	 EASY RUN 2 KM + STRIDES	<input type="checkbox"/>
 FRIDAY	 REST	<input type="checkbox"/>
 SATURDAY	 EASY RUN 2 KM	<input type="checkbox"/>
 SUNDAY	 RACE DAY 10 KM	<input type="checkbox"/>



**YOU'RE READY.
TRUST YOUR PREPARATION!**



KOVALAM-SPECIFIC TRAINING TIPS

— 10K RACE —



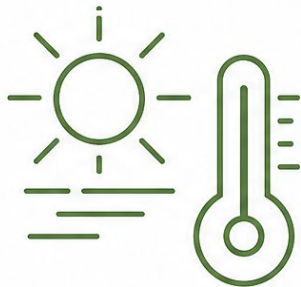
01 ROLLING TERRAIN

Practice on hills –
Kovalam course has
elevation changes



02 HYDRATION

Hydrate well –
start hydrating
48 hours before race



03 HUMIDITY

Train early morning –
beat the coastal heat
and humidity



04 ENDURANCE

Build gradual endurance –
consistency is key
to success

IMPORTANT TRAINING GUIDELINES



	01.	NEVER SKIP LONG RUNS - they build your endurance foundation
	02.	INCREASE MILEAGE GRADUALLY - avoid sudden jumps in distance
	03.	STAY HYDRATED DAILY - especially in Indian climate conditions
	04.	PRIORITIZE RECOVERY - rest days are as important as training days
	05.	LISTEN TO YOUR BODY - adjust the plan if you feel pain or fatigue



KOVALAM
MARATHON

Dear Runner,

Every run you complete brings you one step closer to the start line.
Stay consistent, stay focused, and trust your training.

Take care of your body, eat well, hydrate, and don't ignore signs of fatigue.
Strong runners are not just trained, they are well-recovered.

Trust the process. Stay consistent.



See You at the Starting Line

www.kovalamarathon.com

