

10km run training plan

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	How do you feel?
1	Run Easy run 20min	Rest day	Interval Warm up 10min, repeat brisk 5min and easy 1min x3, cooldown 10min	Rest day	Low impact training Easy walk, bike, gym or swim	Rest day	Run Run to distance 5km	😊 😐 😞
2	Low impact training Easy walk, bike, gym or swim	Rest day	Interval Warm up 10min, repeat brisk 3min and easy 1min x5, cooldown 10min	Rest day	Run Easy run 25min	Rest day	Run Run to distance 6km	😊 😐 😞
3	Run Easy run 25min	Rest day	Progression run Easy 20min, hard 10min, cooldown 5min	Rest day	Low impact training Easy walk, bike, gym or swim	Rest day	Run Run to distance 7km	😊 😐 😞
4	Low impact training Easy walk, bike, gym or swim	Rest day	Interval Warm up 10min, run hard 5min, rest 90sec, run hard 4min, rest 90sec, run hard 3min, rest 90sec, run hard 2min, rest 90sec, run hard 1min, rest 90sec, cooldown 10min	Rest day	Run Easy run 30min	Rest day	Run Run to distance 8km	😊 😐 😞
5	Run Easy run 35min	Rest day	Progression run Easy 15min, hard 15min, cooldown 10min	Rest day	Gentle movement Yoga, pilates or walk	Rest day	Run Run to distance 9km	😊 😐 😞
6	Rest day	Rest day	Interval Warm up 10min, repeat hard 3min and easy 2min x5, cooldown 5min	Rest day	Run Easy run 25min	Rest day	 Race day	😊 😐 😞

Top tips

- 1 Check the weather before training and choose clothing and footwear to suit your conditions. Always cover up, and wear sunscreen of SPF 15+.
- 2 Take this training plan at your own pace and ability. If you need to move a session, it's not the end of the world. **Having other people around you can help to motivate you. Why not ask a friend to join you on your next run?**
- 3 The run to distance is all about getting used to the mileage, so take it as easy as you need to.
- 4 Try doing the run to distance at the same time of day as the race. This way, your body can adapt, ready for Race day!
- 5 Rest days allow your body to recover and help prepare for your next run. So, to stay fresher on Race day, make sure you cover less distance on Race week.
- 6 Remember what you're doing this for! Have fun, enjoy the day and go at your own pace.



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Users must ensure they are fit and of sufficient health to take part in this programme. You should speak to your doctor if you have any concerns before taking part. Stop immediately in the event of any injuries or concerns and seek appropriate advice.

