

10k walk training plan



Race for Life

Proud Sponsor

runnersneed

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	How do you feel?
1	Walk Easy walk 35min continuous	Rest day	Brisk Walk Repeat brisk 2min and easy 1min x10	Rest day	Walk Easy walk 30min continuous	Rest day	Walk Walk to distance 5km	😊 😐 😞
2	Walk Easy walk 40min continuous	Rest day	Brisk Walk Repeat brisk 3min and easy 1min x8	Rest day	Walk Easy walk 45min continuous	Rest day	Walk Walk to distance 6km	😊 😐 😞
3	Walk Easy walk 50min continuous	Rest day	Brisk Walk Repeat brisk 2min and easy 1min x12	Rest day	Walk Easy walk 60min continuous	Rest day	Walk Walk to distance 7km	😊 😐 😞
4	Rest day	Walk Easy walk 60min continuous	Rest day	Walk Easy walk 55min continuous	Rest day	Rest day	Walk Walk to distance 8km	😊 😐 😞
5	Walk Easy walk 80min continuous	Rest day	Brisk Walk Repeat brisk 3min and easy 1min x10	Rest day	Walk Easy walk 90min continuous	Rest day	Walk Walk to distance 9km	😊 😐 😞
6	Rest day	Brisk Walk Repeat brisk 5min and easy 1min x6	Rest day	Walk Easy walk 80min continuous	Rest day	Easy Walk / Gentle movement	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+. Plus, Runners Need in-store specialists are always here to help with advice on the perfect running kit for you. **Don't forget, with your Race for Life entry you also get 15% off at Runners Need in-store and online!***
- 2 View your walk to distance sessions as weekly milestones to help you stay on track.
- 3 At the halfway point, your legs might be feeling a little sore. **You can book a gait analysis appointment for a personalised shoe fitting with a Runners Need specialist to learn more about your feet and the best shoes for you.**
- 4 Week four is designed to be gentler. Take it easy, enjoy your rest days, and give your body a chance to recover.
- 5 The end is in sight! If this week is feeling tough, take a minute to remember why you signed up for Race for Life, the difference you'll make and how you'll feel crossing the finish line.
- 6 It's Race week! Your training is done and it's time to enjoy the day and show off all your hard work.



*To receive your 15% partner discount please show your Race for Life sign-up email in-store. Or to use your discount online check your race pack for your exclusive online discount code or simply forward a copy of your Race for Life sign-up email to enquiries@runnersneed.com. Full T&Cs [available online](#).

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.

