



Together we are
beating cancer

Trek training plan 10k





Trek training plan

10k

Getting started

Performance training and fitness development can feel complicated, with lots of conflicting advice – but it doesn't have to be.

Training

Your running, cross-training and conditioning sessions in this plan will progress over the weeks and become more specific to the distance you're training for.

Nutrition

You need to fuel your training and recovery correctly, so you have the right macro- and micro-nutrients in your body for energy to train hard, repair muscles and cells between sessions, and support your immune system, blood and bones.

Rest

Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Things to consider

- Always substitute cross-training for walking if you're injured, very sore or it's not safe to walk.
- If you have time, add core conditioning, Pilates or yoga classes once or twice a week.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a walk.
- Always train at the specified efforts – don't walk too hard.
- Tiredness always catches up, so take extra rest if required.



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core: 3 x (30–40 sec plank, push-up and bridge)	Easy walk: 40 min, ideally pre-breakfast	Rest	Walk: 40 min with 4 x (5 min brisk, 1 min 30 sec easy) in the middle	Rest	Optional cross-training or easy walk: 30–40 min	Long walk: 1 hr easy and conversational pace
2	Core: 3 x (30–40 sec plank, push-up and bridge)	Easy walk: 40–50 min, ideally pre-breakfast, aim to mix terrains	Rest	Walk: 40 min with 5 x (5 min brisk, 1 min 30 sec easy) in the middle	Rest	Optional cross-training or easy walk: 30–40 min	Long walk: 1 hr 15 min easy over undulating terrain
3	Core: 3 x (30–40 sec plank, push-up and bridge)	Walk: 40 min–50 min with the middle 20 min as 10 x (1 min power walk, 1 min easy)	Rest	Walk: 45 min with 3 x (8 min brisk, 1 min 30 sec easy) in the middle	Rest	Optional cross-training or easy walk: 30–40 min	Long walk: 1 hr 30 min–1 hr 40 min with last 20–30 min steady or brisk



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Core: 3 x (30–40 sec plank, push-up and bridge)	Walk: 45 min–1 hr with the middle 16 min as 8 x (1 min power walk, 1 min easy)	Rest	Walk: 45 min with 8 min brisk, 5 x (2 min power, 8 min brisk, 1 min–1 min 30 sec recovery)	Rest	Optional cross-training or easy walk: 30–40 min	Long walk: 1 hr 40 min–1 hr 50 min on undulating route with last 30 min steady or brisk
5	Core: 3 x (30–40 sec plank, push-up and bridge)	Walk: 45 min–1 hr with the middle 20 min as 10 x (1 min power walk, 1 min easy)	Rest	Walk: 45 min with 10 min brisk, 5 x (2 min power, 8 min brisk, 1 min–1 min 30 sec recovery)	Rest	Optional cross-training or easy walk: 30–40 min	Long walk: 1 hr 15 min easy
6	Core: 3 x (30–40 sec plank, push-up and bridge)	Walk: 30–40 min with 4 x (5 min brisk, 1 min easy)	Rest	Stretch + easy walk: 30 min	Rest	Optional cross-training or easy walk: 30–40 min	Event day – good luck!