

10K RUN/WALK



8 WEEK TRAINING PLAN | EVENT DATE: 19TH MAY 24'

WEEK 1					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

REST 6 x (1 min easy run, 1 min easy walk)

REST

THURSDAY REST

20 min brisk walk REST

1 mile (1 min easy run, 1 min easy walk)

SUNDAY

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min brisk walk	REST	REST	8 x (1 min easy run, 1 min easy walk)	REST	1.5 miles (1.5 min easy run, 1.5 min easy walk)

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min brisk walk	REST	REST	12 x (1 min easy run, 1 min easy walk)	REST	2 miles (1.5 min easy run, 1.5 min easy walk)

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min brisk walk	REST	REST	5 x (3 min easy run, 2 min easy walk)	REST	2.5 miles (2 min easy run, 1.5 min easy walk)

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	3 miles (2 min easy run, 1 min easy
						walk)

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy	REST	3.5 mile (2 min easy run,
·		'		walk)		' 1 min easy walk)



10K RUN/WALK



8 WEEK TRAINING PLAN | EVENT DATE: 19TH MAY 24'

WEEK 7	WEEK 7								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	4 miles (2 min easy run, 1 min easy walk)			

		watk			walk)		min easy walk)
	WEEK 8						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REST	30 min brisk walk	REST	REST	10 min easy walk + 4 x (3 min	REST	EVENT DAY. GOOD LUCK!
•		l	1	l	easy run, 1 min easy walk)		1