

## 10 KM RUNNING PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 1</b>	15-minute run Low intensity	Recovery	20-minute walk Brisk pace	Recovery	20-minute run Moderate intensity	Recovery	20-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity
<b>Week 2</b>	Recovery	25-minute run Moderate intensity	Recovery	30- minute run Low to moderate intensity	Recovery	35-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity	30-minute walk (Active recovery) Low intensity
<b>Week 3</b>	40-minute run Moderate intensity	Recovery	50-minute run Light to moderate intensity	Recovery	40-minute walk Brisk pace	Recovery	55-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity
<b>Week 4</b>	Recovery	60-minute run Low to moderate intensity	Recovery	50-minute run Moderate intensity	40-minute walk Low intensity	Recovery	75-minute run Moderate intensity
<b>Week 5</b>	Recovery	50-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity	Recovery	50-minute run Light intensity	Recovery	45-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity	Recovery
<b>Week 6</b>	35-minute run Moderate intensity	Recovery	30-minute run Light intensity	Recovery	Active recovery/ 20- minute walk Low intensity	Recovery	<b>EVENT DAY!</b> <b>Good Luck &amp; Enjoy!</b>

**NB: This programme and accompanying information are written as a guide only. If you are concerned about your health at any stage please undergo a health check with your GP.**