



## The training plan

This training plan can be used by anyone and will easily prepare a beginner to bounce victoriously over a 5km finishing line in just 10 weeks.

Activity days are Monday, Wednesday, Friday and Sunday. Tuesdays, Thursdays and Saturdays are rest days.

If you are totally new to exercise start at Week 1 but if you have already got some experience in running you should feel comfortable starting at Week 3.

<b>Monday</b>	<b>20 mins: Brisk walk 4 minutes, run 1 minute X 4</b>	<b>WEEK 1</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>20 mins: Brisk walk 4 minutes, run 1 minute X 4</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>20 mins: Brisk walk 4 minutes, run 1 minute X 4</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>30 minutes brisk walk</b>	

<b>Monday</b>	<b>20 mins: Brisk walk 3 minutes, run 1 minute X 5</b>	<b>WEEK 2</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>20 mins: Brisk walk 3 minutes, run 1 minute X 5</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>20 mins: Brisk walk 3 minutes, run 1 minute X 5</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>30 minutes brisk walk</b>	

<b>Monday</b>	<b>21 mins: Brisk walk 2 minutes, run 1 minute X 7</b>	<b>WEEK 3</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>21 mins: Brisk walk 2 minutes, run 1 minute X 7</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>20 mins: Brisk walk 2 minutes, run 1 minute X 7</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>30 minutes brisk walk</b>	

<b>Monday</b>	<b>24 mins: Brisk walk 2 minutes, run 1 minute X 8</b>	<b>WEEK 4</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>24 mins: Brisk walk 2 minutes, run 1 minute X 8</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>24 mins: Brisk walk 2 minutes, run 1 minute X 8</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>30 minutes brisk walk</b>	

<b>Monday</b>	<b>26 mins: Brisk walk 1 minutes, run 1 minute X 13</b>	<b>WEEK 5</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>26 mins: Brisk walk 1 minutes, run 1 minute X 13</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>26 mins: Brisk walk 1 minutes, run 1 minute X 13</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>35 minutes brisk walk</b>	



## The training plan - continued

<b>Monday</b>	<b>32 mins: Brisk walk 2 minutes, run 2 minutes X 8</b>	<b>WEEK 6</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>32 mins: Brisk walk 2 minutes, run 2 minutes X 8</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>32 mins: Brisk walk 2 minutes, run 2 minutes X 8</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>40 minutes brisk walk</b>	

<b>Monday</b>	<b>36 mins: Brisk walk 2 minutes, run 2 minutes X 9</b>	<b>WEEK 7</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>36 mins: Brisk walk 2 minutes, run 2 minutes X 9</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>36 mins: Brisk walk 2 minutes, run 2 minutes X 9</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>36 mins: Brisk walk 2 minutes, run 2 minutes X 9</b>	

<b>Monday</b>	<b>35 mins: Brisk walk 2 minutes, run 3 minute X 7</b>	<b>WEEK 8</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>35 mins: Brisk walk 2 minutes, run 3 minutes X 7</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>35 mins: Brisk walk 2 minutes, run 3 minutes X 7</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>35 mins: Brisk walk 2 minutes, run 3 minutes X 7</b>	

<b>Monday</b>	<b>36 mins: Brisk walk 1 minutes, run 3 minutes X 9</b>	<b>WEEK 9</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>36 mins: Brisk walk 1 minutes, run 3 minutes X 9</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>36 mins: Brisk walk 1 minutes, run 3 minutes X 9</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>36 mins: Brisk walk 1 minutes, run 3 minutes X 9</b>	

<b>Monday</b>	<b>40 mins: Brisk walk 1 minutes, run 3 minutes X 10</b>	<b>WEEK 10</b>
<b>Tuesday</b>	<b>Rest</b>	
<b>Wednesday</b>	<b>40 mins: Brisk walk 1 minutes, run 3 minutes X 10</b>	
<b>Thursday</b>	<b>Rest</b>	
<b>Friday</b>	<b>40 mins: Brisk walk 1 minutes, run 3 minutes X 10</b>	
<b>Saturday</b>	<b>Rest</b>	
<b>Sunday</b>	<b>You are ready to go - 40 minutes run - enjoy!</b>	

\* This training programme is intended as a guide to help prepare for a 10km run for a relatively fit person (someone who is used to training 2-3 times a week). If at any time during your training you feel unwell or have an injury you must stop and seek expert advice. Sportsister accepts no responsibility for injury or loss of life as a result of using this training programme. Above all we hope that you enjoy the event and feel well prepared for the day.