

10K BLITZ

6 WEEK TRAINING PLAN

EVENT DATE: SUNDAY 5 MAY 2019
GREATRUN.ORG/BRISTOL10K

WEEK 1

No matter how keen you are to get going, take it steady. You will never regret giving yourself a nice, gradual introduction to your training plan! Think of jogging pace as a conversational pace. Give your body time to get used to this new challenge of getting ready for a 10k in 6 weeks.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------|--|------|--|---|---|------|
| REST | Walk 2 minutes; Jog 5 minutes. Repeat 3 times. | REST | Walk 2 minutes; Jog 4 minutes. Repeat 4 times. | Mix up periods of running with walking for a total of 15 minutes. | Walk 1 minute; Jog 8 minutes. Repeat 3 times. | REST |

WEEK 2

You're now underway! Remember if you're new to running or are coming back to the sport, it's all too easy to overstress your body and risk injury or loss of motivation. So keep it fun and you'll start to reap the benefits! Week 2 ends with 30 minutes worth of running, so stay with it.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|------|---|------|------|---|------|
| Walk 2 minutes; Jog 8 minutes . Repeat 3 times. | REST | Walk 2 minutes; Jog 10 minutes. Repeat 3 times. | REST | REST | Jog 20 minutes; walk 2 minutes; jog 10 minutes. | REST |

WEEK 3

This block sees the time of the jogging intervals increasing further with short walking breaks. You are progressing nicely and should be starting to feel like a runner with your 10k in sight. You can pick up the pace of your jogging too! This new 'steady' pace is slightly quicker than your 'conversational' jogging pace so get used to switching between the two.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------|---|------|---|------|------|---|
| REST | Run 12 minutes steady then walk 3 minutes. Repeat 2 times. | REST | Walk 2 minutes; Jog 15 minutes. Repeat 2 times. | REST | REST | Walk 2 minutes; run 20 minutes steady; walk 2 minutes; jog 15 minutes. |

WEEK 4

You are now halfway through your training schedule so well done! As you are feeling fitter you should be able to run faster for longer more comfortably. Again remember to keep to 'jog pace' when instructed and run slightly faster on when steady pace is required.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------|---|------|---|-----------------------------|------------------------------------|------|
| REST | Jog 20 minutes; walk 2 minutes; jog 20 minutes. | REST | Walk 2 minutes; run 8 minutes steady, Repeat 3 times. | 15 minutes of easy running. | Jog 35 minutes; walk 5 minutes. | REST |

WEEK 5

Week 5 sees your fitness coming along and you should be growing in confidence at the thought of tackling your 10k. Remember that it's better to complete your runs, and the event itself, at a pace you will enjoy – so no need to run your yourself into the ground.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------|---|------|--|------|------------------------------------|------|
| REST | Run 10 minutes at a steady pace and walk 3 minutes. | REST | Jog 25 minutes; walk 5 minutes; run 10 minutes steady. | REST | Jog 40 minutes; walk 5 minutes. | REST |



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WEEK 6

The week you've been waiting for has arrived! This six week plan has hopefully been fun to complete and made you feel a fitter individual! This week is just about ticking over and you're almost ready for the event!

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------------|----------------|------------|--|------------|------------|--------------------------|
| REST | Jog 30 minutes | REST | Jog 20 minutes; walk 5 minutes; jog 10 minutes | REST | REST | EVENT DAY. GOOD LUCK! |