

# RUN, WALK 10K

## 8 WEEK TRAINING PLAN

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

### WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
REST	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.	REST	REST	20 minutes of brisk walking	REST	1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.

### WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.	REST	1 and a half minutes of easy running followed by 1 and a half minutes of easy walking, for a total distance of 1 and a half miles.

### WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	1 minute of easy running followed by 1 minute of easy walking, repeated 12 times.	REST	1 and a half minutes of easy running followed by 1 and a half minutes of easy walking, for a total distance of 2 miles.

### WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times	REST	2 minutes of easy running followed by 1 and a half minutes of easy walking, for a total distance of 2 and a half miles.

### WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 and a half miles.

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### WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 and a half miles.

### WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.

### WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of brisk walking.	REST	REST	10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times.	REST	EVENT DAY GOOD LUCK!