

# YOUR 10K TRAINING GUIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 mins walk/jog	Rest	15 mins walk/jog	Rest	15 mins walk/jog	Rest	15 mins walk/jog
WEEK 2	40 mins walk/jog	Rest	15 mins walk/jog	Rest	15 mins walk/jog	Rest	15 mins walk/jog
WEEK 3	50 mins walk/jog	Rest	20 mins jog	Rest	20 mins jog	Rest	Run 1 min continuous then walk 1 min recovery x 10 each
WEEK 4	60 mins jog/walk	Rest	25 mins easy	Rest	25 mins easy	Rest	Run 1 min continuous then walk 1 min recovery x 10 each
WEEK 5	75 mins run/walk	Rest	35 mins easy	Rest	35 mins easy	Rest	Run 1 min continuous then walk 1 min recovery x 10 each
WEEK 6	75 mins run/walk	Rest	40 mins easy	Rest	40 mins easy	Rest	10 x 1 min running up shallow hill – walk back
WEEK 7	75 mins run/walk	Rest	45 mins steady	Rest	60 mins steady	Rest	10 x 1 min running up shallow hill – walk back
WEEK 8	45 mins run/walk	Rest	45 mins run	20 mins easy	20 mins easy	Rest	Race Day

## TRAINING OBJECTIVES

- Week 1 & 2** Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.
- 
- Week 3** Starting to run short distances continuously.
- 
- Week 4** Gradually increasing time of the feet – a mental strategy or run 5 mins/walk 1 min for the long run will help you get through 60 mins.
- 
- Week 5** 15 mins added to the long run – using the 5 min run/1 min walk strategy.
- 
- Week 6** Consolidation week – slight increase in the down recovery midweek runs.
- 
- Week 7** The long runs are going to start to get you tired – refuelling after the Sunday run & mid-week hour run is essential – it's tough but it will start to build the endurance you'll need for the race.
- 
- Week 8** Taper down for the race.

# GOOD LUCK!!

[www.cancer.ie](http://www.cancer.ie)  
1850 60 60 60

