

Event day: **Sunday 2 July 2017**

Website: greatrun.org/newham

WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times	Rest Day	Rest Day	20 minutes of brisk walking	Rest Day	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 Day	20 minutes of brisk walking	Rest Day	Rest Day	1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.	Jog 20 minutes, jog 10 minutes	Rest Day

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of brisk walking	Rest Day	Rest Day	1 minute of easy running followed by 1 minute of easy walking, repeated 12 times.	Rest Day	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 Day	20 minutes of brisk walking	Rest Day	Rest Day	3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times	Rest Day	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

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 Day	25 minutes of brisk walking	Rest Day	Rest Day	3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times	Rest Day	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.

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 Day	25 minutes of brisk walking	Rest Day	Rest Day	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	Rest Day	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 Day	25 minutes of brisk walking	Rest Day	Rest Day	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	Rest Day	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 Day	30 minutes of easy walking	Rest Day	Rest Day	10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times	Rest Day	Event Day!