

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 Day	Walk 2 minutes, jog 5 minutes - repeat 3 times	Rest Day	Walk 2 minutes, jog 4 minutes - repeat 4 times	Rest Day	Walk 1 minute, jog 8 minutes - repeat 3 times	Rest Day

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 Day	Walk 2 minutes, jog 10 minutes - repeat 3 times	Rest Day	Rest Day	Jog 20 minutes, jog 10 minutes	Rest Day

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 Day	Run 12 minutes steady then walk 3 minutes - repeat 2 times	Rest Day	Walk 2 minutes, jog 15 minutes - repeat 2 times	Rest Day	Rest Day	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 Day	Jog 20 minutes, walk 2 minutes, jog 20 minutes	Rest Day	Walk 2 minutes, run 8 minutes steady	Rest Day	Jog 35 minutes, walk 5 minutes	Rest Day

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	Run 10 minutes at a steady pace and walk 3 minutes	Rest Day	Jog 25 minutes, walk 5 minutes, run 10 minutes steady	Rest Day	Jog 40 minutes, walk 5 minutes	Rest Day

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	Jog 30 minutes	Rest Day	Jog 20 minutes, walk 5 minutes, jog 10 minutes	Rest Day	Rest Day	Event Day