

10k Blitz

6 Week Training Plan

Event day: **Sunday 4 June 2017**

Website: greatrun.org/womens10k

WEEK 1

Starts Monday 25 April

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Walk 2 minutes; Jog 5 minutes	REST	Walk 2 minutes; Jog 4 minutes	REST	Walk 1 minute; Jog 8 minutes	REST
	repeat 3 times		repeat 4 times		repeat 3 times	
	Don't forget to download the Great Run app for all your event info and more					

WEEK 2

Starts Monday 2 May

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Walk 2 minutes; Jog 8 minutes	REST	Walk 2 minutes; Jog 10 minutes	REST	REST	Jog 20 minutes; walk 2 minutes; jog 10 minutes	REST
repeat 3 times		repeat 3 times				

WEEK 3

Starts Monday 9 May

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Run 12 minutes steady then walk 3 minutes	REST	Walk 2 minutes; Jog 15 minutes	REST	REST	Walk 2 minutes; run 20 minutes steady; walk 2 minutes; jog 15 minutes
	repeat 2 times		repeat 2 times			

WEEK 4

Starts Monday 16 May

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Jog 20 minutes; walk 2 minutes; jog 20 minutes	REST	Walk 2 minutes; run 8 minutes steady	REST	Jog 35 minutes; walk 5 minutes	REST
			repeat 3 times			

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WEEK 5

Starts Monday 23 May

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
	repeat 3 times					

WEEK 6

Starts Monday 30 May

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 Great Women's 10k!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 5 JUNE
REST	Jog 30 minutes	REST	Jog 20 minutes; walk 5 minutes; jog 10 minutes	REST	REST	 
						GOOD LUCK!