

## Run, Walk 10k 8 Week Training Plan



Event day: Sunday 4 June 2017

Website: greatrun.org/womens10k

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WEEK				Completed		Completed	
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	6x (1 min easy run, 1 min easy walk)	REST	REST	20 min brisk walk	REST	1 mile (1 min easy run, 1 min easy walk)	
	l minute of easy running followed by l minute of easy walking, repeated 6 times.			20 minutes of brisk walking		1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.	
	Just starting out? Read our getting started tips at GreatRunTraining.org						
WEEK 2	2 Complet	ed		Completed		Completed	
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	20 min brisk walk	REST	REST	8 x (1 min easy run, 1 min easy walk)	REST	1.5 miles (1.5 min easy run, 1.5 min easy walk)	
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.		l and a half minutes of easy running followed by l and a half minutes of easy walking, for a total distance of l and a half miles.	
WEEK 3	3 Complet	ed		Completed		Completed	
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	20 min brisk walk	REST	REST	10 x (1 min easy run, 1 min easy walk)	REST	2 miles (1.5 min easy run, 1.5 min easy walk)	
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking,		1 and a half minutes of easy running followed by 1 and a half minutes of easy walking, for a	
	Check out our nutrition and hydratio advice at GreatRuntrainingorg	n		repeated 12 times.		total distance of 2 miles.	
WEEK	4 Complet	ed		Completed		Completed	
WEEK 4	4 Complet	ed WED	THURS	Completed FRIDAY	SAT	Completed SUNDAY	
		- 1	THURS	·	SAT REST		
MON	TUESDAY	WED		FRIDAY 12 x (1 min easy run,		SUNDAY 2.5 miles (2 min easy run,	
MON	TUESDAY  20 min brisk walk  20 minutes of brisk walking.	REST		12 x (1 min easy run, 1 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking,		2.5 miles (2 min easy run, 1.5 min easy walk)  2 minutes of easy running followed by 1 and a half minutes of easy walking, for a total	
MON REST	TUESDAY  20 min brisk walk  20 minutes of brisk walking.	REST		12 x (1 min easy run, 1 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times		SUNDAY  2.5 miles (2 min easy run, 1.5 min easy walk)  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.	
MON REST	TUESDAY  20 min brisk walk  20 minutes of brisk walking.	WED REST	REST	12 x (1 min easy run, 1 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times	REST	SUNDAY  2.5 miles (2 min easy run, 1.5 min easy walk)  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.  Completed	
MON REST	TUESDAY  20 min brisk walk  20 minutes of brisk walking.  5  Complet	WED REST	REST	12 x (1 min easy run, 1 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times  Completed FRIDAY  5 x (3 min easy run,	REST	SUNDAY  2.5 miles (2 min easy run, 1.5 min easy walk)  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.  Completed  SUNDAY  3 miles (2 min easy run,	
WEEK! MON REST	TUESDAY  20 min brisk walk  20 minutes of brisk walking.  Complet  TUESDAY  25 min brisk walk  25 minutes of brisk walking.	WED REST	REST	12 x (1 min easy run, 1 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times  Completed  FRIDAY  5 x (3 min easy run, 2 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times	REST	SUNDAY  2.5 miles (2 min easy run, 1.5 min easy walk)  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.  Completed  SUNDAY  3 miles (2 min easy run, 1 min easy walk)  2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.	
MON REST	TUESDAY  20 min brisk walk  20 minutes of brisk walking.  Complet  TUESDAY  25 min brisk walk  25 minutes of brisk walking.	WED REST	THURS REST	12 x (1 min easy run, 1 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times  Completed FRIDAY  5 x (3 min easy run, 2 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking,	REST	SUNDAY  2.5 miles (2 min easy run, 1.5 min easy walk)  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.  Completed  SUNDAY  3 miles (2 min easy run, 1 min easy walk)  2 minutes of easy running followed by 1 minute of easy walking, for a total distance of	
WEEK (	TUESDAY  20 min brisk walk  20 minutes of brisk walking.  TUESDAY  25 min brisk walk  25 minutes of brisk walking.	WED REST	REST	12 x (1 min easy run, 1 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times  Completed  FRIDAY  5 x (3 min easy run, 2 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times	SAT REST	SUNDAY  2.5 miles (2 min easy run, 1.5 min easy walk)  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.  Completed  SUNDAY  3 miles (2 min easy run, 1 min easy walk)  2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.	
WEEK ( MON REST	TUESDAY  20 min brisk walk  20 minutes of brisk walking.  Complet  TUESDAY  25 min brisk walk  25 minutes of brisk walking.	WED REST  WED WED  WED  WED	THURS REST	FRIDAY  12 x (1 min easy run, 1 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times  Completed  FRIDAY  5 x (3 min easy run, 2 min easy walk)  3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times  Completed FRIDAY  6 x (3 min easy run,	SAT REST	SUNDAY  2.5 miles (2 min easy run, 1.5 min easy walk)  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.  Completed  SUNDAY  3 miles (2 min easy run, 1 min easy walk)  2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.  Completed  SUNDAY  Completed  SUNDAY  3.5 miles (2 min easy run,	



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WEEK	Completed			Completed	Completed	
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	6 x (3 min easy run, 2 min easy walk)
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking,		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.
	Don't forget to download the Great Run app for all your event info and more			repeated 6 times		4 miles.
WEEK 8	Completed			Completed		Completed
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	30 min easy walk	REST	REST	10 min easy walk + 4 x (3 min easy run, 1 min easy walk)	REST	Event day
	30 minutes of easy walking.			10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times.		GOOD LUCK!
				3 ,		Find your next challenge at GreatRum.org