



The training plan

This programme assumes you can already run for about 20 minutes without stopping. The goal of the programme is to increase your endurance gradually over eight weeks, so by the end, you can comfortably run for 60 minutes or more. Plan ahead and give yourself plenty of time to train. If you're not quite at that level yet, be realistic and build up more slowly.

Above all enjoy the challenge. Good luck.

Day	Activity	Comments	WEEK ONE
MON	Rest		
TUES	Easy Run – 20 mins		
WEDS	Rest		
THURS	Easy Run – 25 mins		
FRI	Rest		
SAT	Cross Train – cycle, swim, gym – no running		
SUN	Jog/Walk – 40 mins		

Day	Activity	Comments	WEEK TWO
MON	Rest		
TUES	Easy Run – 20 mins		
WEDS	Rest		
THURS	Easy Run – 30 mins – push harder for last 5 mins, then cool down		
FRI	Rest		
SAT	Cross Train – cycle, swim, gym – no running		
SUN	Jog/Walk – 40 mins		

Day	Activity	Comments	WEEK THREE
MON	Rest		
TUES	Easy Run - 25 mins		
WEDS	Rest		
THURS	Easy Run – 30 mins		
FRI	Rest		
SAT	Cross Train – cycle, swim, gym – no running		
SUN	Jog/Walk – 45 mins (try 30 mins running, then 2 mins walk, 2 mins run)		

Day	Activity	Comments	WEEK FOUR
MON	Rest		
TUES	Easy Run – 20 mins		
WEDS	Rest		
THURS	Easy Run – 30 mins – push hard for last 5 minutes (9/10 effort level)		
FRI	Rest		
SAT	Cross Train – cycle, swim, gym – no running		
SUN	Jog/Walk – 50 mins (try 40 mins running, then 1 min walk, 1 min run)		

Day	Activity	Comments	WEEK FIVE
MON	Rest		
TUES	Pace Run – 5 min warm up, 10 mins push hard, 5 mins cool down		
WEDS	Rest		
THURS	Easy Run – 25 mins		
FRI	Rest		
SAT	Cross Train – cycle, swim, gym – no running		
SUN	Easy Run – 45 mins – try whole run without stopping		



		Comments	WEEK SIX
MON	Rest		
TUES	Easy Run – 20 mins		
WEDS	Rest		
THURS	Pace Run – 3 min warm up, 15 mins push hard – increase pace every 5 mins, 5 mins cool down		
FRI	Rest		
SAT	Easy Run – 25 mins		
SUN	Jog/Walk – 55 mins (45 mins running, then 1 min walk, 1 min run)		

		Comments	WEEK SEVEN
MON	Rest		
TUES	Pace Run – 5 min warm up, 10 mins push hard, 5 mins cool down		
WEDS	Rest		
THURS	Easy Run – 30 mins		
FRI	Rest		
SAT	Cross Train – cycle, swim, gym – no running		
SUN	Jog/Walk – 60 mins (50 mins running, then 1 min walk, 1 min run)		

		Comments	WEEK EIGHT
MON	Rest		
TUES	Easy Run – 25 mins		
WEDS	Rest		
THURS	Pace Run – 5 mins warm up, 2 mins hard, 2 mins walk x 3. 5 mins cool down		
FRI	Rest		
SAT	Rest		
SUN	RACE DAY – Good luck! Have a great race		

- If you're one of the thousands of women who took part in a 5km Race for Life this summer and you're looking for your next big goal, a 10km could be the perfect step. Unlike a half marathon, which can seem rather daunting, the challenge of a 10km (6.2 miles) is achievable for just about anyone and the training is easy to fit into even the busiest diary. With literally thousands of 10km events around the country, you're bound to find one near you. Here is the Sportsister 10km training programme written exclusively by running coach and author Sarah Russell, to help get you round your first 10km in just eight weeks.
- MOT before you start. Do not ignore any pains and niggles, they're unlikely to go away on their own. Ignoring any discomfort or just 'resting until it gets better' won't address the underlying problem. Often, injuries develop over time and can easily be prevented with the right stretching and strengthening exercises. If you have any doubts about your health, please make sure you contact your GP before starting the programme.
- The most important aspect of any training programme however, is to listen to your own body and not blindly follow the plan. If you are really exhausted after a tough week at work or a broken night's sleep with your children, then adjust the programme accordingly (take a day off or swap days around). **Don't push yourself to exhaustion – remember, this is meant to be fun!**

Session terminology

Easy – as it says, jog, chat and enjoy at an 'easy' pace. If you were working on a scale of 1-10 (10 being flat out) you might be around 5/10. Preferably a nice, easy flat route.

Steady – a slightly quicker pace than 'easy'. On the scale, around 7/10. This might be a slightly more challenging route with some hills for example.

Jog/Walk – the goal here is to spend time on your feet. It doesn't matter if you walk bits of this session, just get out there and get the time in. Take fluid, sports drinks or gels with you.

Pace - a quicker pace. Somewhere in the region of 8 or even 9/10. You will be breathing harder and may not be able to chat as easily. These sessions only come later in the programme. They need to feel 'controlled' but that you are working a bit harder. You also need to add a five minute warm up and cool down jog to these sessions

* This training programme is intended as a guide to help prepare for a 10km run for a relatively fit person (someone who is used to training 2-3 times a week). If at any time during your training you feel unwell or have an injury you must stop and seek expert advice. Sportsister accepts no responsibility for injury or loss of life as a result of using this training programme. Above all we hope that you enjoy the event and feel well prepared for the day.