

# NORTHERN RUNNING GUIDE

## 10K Training Schedule

You have followed our 5K training schedule and by sticking to the mantra of 'little and often' you had a successful race day. With this easy to follow 10K training plan you can take your running to a new level in just 10 weeks.

### 10 WEEKS UNTIL RACE DAY

MON: REST	TUES: Walk 20 minutes at a relaxed pace	WED: REST	THURS: Run 5 minutes, walk 3 minutes. Repeat X 1	FRI: REST	SAT: Run 7 minutes, walk 2 minutes. Repeat X 1	SUN: 60 minute brisk walk
--------------	---	--------------	---	--------------	---	------------------------------------

### 9 WEEKS UNTIL RACE DAY

MON: REST	TUES: Walk 30 minutes at a relaxed pace	WED: REST	THURS: Run 10 minutes, walk 2 minutes. Repeat X 1	FRI: REST	SAT: Run 7 minutes, walk 2 minutes. Repeat X 1	SUN: 60 minute brisk walk
--------------	---	--------------	--	--------------	---	------------------------------------

### 8 WEEKS UNTIL RACE DAY

MON: REST	TUES: Walk 30 minutes - up the pace slightly	WED: REST	THURS: Run 15 minutes	FRI: REST	SAT: Run 10 minutes, walk 3 minutes. Repeat X 1	SUN: 60 minute brisk walk
--------------	--	--------------	-----------------------------	--------------	--	------------------------------------

### 7 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 15 minutes	WED: REST	THURS: Run 20 minutes	FRI: REST	SAT: Run 15 minutes	SUN: 70 minute brisk walk
--------------	----------------------------	--------------	-----------------------------	--------------	---------------------------	------------------------------------

### 6 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 20 minutes	WED: REST	THURS: Run 20 minutes	FRI: REST	SAT: Run 25 minutes	SUN: 70 minute brisk walk
--------------	----------------------------	--------------	-----------------------------	--------------	---------------------------	------------------------------------

## 5 WEEKS UNTIL RACE DAY

MON: REST	TUES: Walk 40 minutes at a relaxed pace	WED: REST	THURS: Run 5 minutes. Then run 1 minute/ walk 1 minute X 5	FRI: REST	SAT: Run 25 minutes	SUN: Run 40 minutes
--------------	---	--------------	--	--------------	---------------------------	---------------------------

## 4 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 20 minutes	WED: REST	THURS: Run 5 minutes. Then run 1 minute/ walk 1 minute) X 6	FRI: REST	SAT: Run 20 minutes	SUN: Run 45 minutes
--------------	----------------------------	--------------	---	--------------	---------------------------	---------------------------

## 3 WEEKS UNTIL RACE DAY

MON: REST	TUES: Walk 40 minutes at a relaxed pace	WED: REST	THURS: Run 5 minutes. Then run 1 minute/ walk 1 minute) X 8	FRI: REST	SAT: Run 30 minutes	SUN: Run 50 minutes
--------------	---	--------------	---	--------------	---------------------------	---------------------------

## 2 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 25 minutes	WED: REST	THURS: Run 5 minutes. Then run 1 minute/ walk 1 minute) X 10	FRI: REST	SAT: Run 20 minutes	SUN: Run 60 minutes
--------------	----------------------------	--------------	--	--------------	---------------------------	---------------------------

## 1 WEEK UNTIL RACE DAY

MON: Run 30 minutes	TUES: REST	WED: Run 20 minutes	THURS: REST	FRI: REST	SAT: REST	SUN: RACE DAY!
---------------------------	---------------	---------------------------	----------------	--------------	--------------	-------------------