

To Complete a 10-K

The following program is designed for individuals who are able to run :walk 4kms using a 10:1 schedule(run for 10 minutes then walk for 1). Your goal is to complete the entire distance without a specific goal time.

	SUN	MON	TUES	WED	THUR	FRI	SAT
1	off	off	off	off	4km easy	off	3 km steady
2	4 km easy	off	4 km steady	off	4 km easy	off	3 km steady
3	5 km easy	off	4 km steady	off	5 km easy	off	3 km steady
4	5 km easy	off	4 km steady	off	5 km easy	3km easy or off	3 km steady
5	5.5 km easy	off	5 km steady	off	6 km easy	3km easy or off	3 km steady
6	6.5 km easy	off	5 km steady	off	3 hills 85% 2-3km warm up & cool down	3km easy or off	4 km steady
7	7 km easy	off	5 km steady	off	4 hills as above	3km easy or off	4 km steady
8	7.5 km easy	off	6 km steady	off	5 hills as above	3km easy or off	4 km steady
9	8 km easy	off	6 km steady	off	9km easy	3km easy or off	4 km steady
10	6 km easy	off	5 km steady	off	5 km	3k or off	off
11	10K RACE						