

## St Clare Hospice 10K training plan

If you do need some guidance on how to train for a 10k run, please see the below training plan which will get you ready for the run in ten weeks, which should be started on Monday 18 January. Good luck!



### WEEK ONE – Mon 18 Jan

Day 1 - 2 Mins of Jogging / 2 Mins of walking x4  
Day 2 - Rest  
Day 3 - 2 Mins of Jogging / 2 Mins of walking x5  
Day 4 - Rest  
Day 5 - 2 Mins of Jogging / 2 Mins of walking x6  
Day 6 - Rest  
Day 7 - Brisk 10 - 15 Mins walking

### WEEK TWO – Mon 25 Jan

Day 1 - 3 Mins of Jogging / 2 Mins of walking x4  
Day 2 - Rest  
Day 3 - 3 Mins of Jogging / 2 Mins of walking x5  
Day 4 - Rest  
Day 5 - 3 Mins of Jogging / 2 Mins of walking x6  
Day 6 - Rest  
Day 7 - Brisk 15 Mins walking

### WEEK THREE – Mon 1 Feb

Day 1 - 5 Mins of Jogging / 2 Mins of walking x4  
Day 2 - Rest  
Day 3 - 6 Mins of Jogging / 2 Mins of walking x4  
Day 4 - Rest  
Day 5 - 7 Mins of Jogging / 2 Mins of walking x4  
Day 6 - Rest  
Day 7 - Brisk 20 Mins Walking

### WEEK FOUR – Mon 8 Feb

Day 1 - 10 Mins of Jogging / 2 Mins of walking x2  
Day 2 - Rest  
Day 3 - 12 Mins of Jogging / 2 Mins of walking x2  
Day 4 - Rest  
Day 5 - 15 Mins of Jogging / 2 Mins of walking x2  
Day 6 - Rest  
Day 7 - Brisk 25 Mins walking

### WEEK FIVE – Mon 15 Feb

Day 1 - Jogging / walking 30 - 40 Mins  
Day 2 - Rest  
Day 3 - Steady Jog for 20 Mins  
Day 4 - Rest  
Day 5 - Steady Jog for 25 Mins  
Day 6 - Rest  
Day 7 - Alt Jogging / walking 25 - 30 Mins

### WEEK SIX – Mon 22 Feb

Day 1 - Steady Jog for 25 Mins  
Day 2 - Rest  
Day 3 - Jogging / walking 40 - 50 Mins  
Day 4 - Rest  
Day 5 - Steady jog for 30 Mins  
Day 6 - Rest  
Day 7 - Alt Jogging / walking 35 - 40 Mins

### WEEK SEVEN – Mon 1 March

Day 1 - Steady Jog for 30 Mins  
Day 2 - Rest  
Day 3 - Steady Jog for 35 Mins  
Day 4 - Rest  
Day 5 - Jogging / walking 50 - 60 Mins  
Day 6 - Rest  
Day 7 - Alt Jogging / walking 40 - 45 Mins

### WEEK EIGHT – Mon 8 March

Day 1 - Jogging / walking 60 - 70 Mins  
Day 2 - Rest  
Day 3 - Jogging / walking 40 - 50 Mins  
Day 4 - Rest  
Day 5 - Jogging / walking 60 - 70 Mins  
Day 6 - Rest  
Day 7 - Alt Jogging / walking 45 - 50 Mins

### WEEK NINE – Mon 15 March

Day 1 - Jogging / walking 60 - 70 Mins  
Day 2 - Rest  
Day 3 - Steady Jog for 50 - 60 Mins  
Day 4 - Rest  
Day 5 - Steady Jog for 20 - 30 Mins  
Day 6 - Rest  
Day 7 - Jogging for 45 Mins

### WEEK TEN – Mon 22 March

Day 1 - Steady Jog for 20 - 30 Mins  
Day 2 - Rest  
Day 3 - Steady Jog for 15 - 20 Mins  
Day 4 - Rest  
Day 5 - Extra rest or light 15 Min Jog  
Day 6 - Rest  
Day 7 - RACE DAY – Sunday 5 April!