

RunningSucks™

10km Run/walk Training Plan

**QUICK AS
THIEVES**

10km Run/walk Training Plan

Take More Weeks

This program is 14 weeks long, but feel free to repeat some weeks if you need to. It's guidance, not rules. If you feel like the plan is advancing too quickly for you, slow down and repeat a week or two. It's so much better to slow down than to let yourself get hurt or discouraged, which could force you to stop training altogether. Both your body and mind need ample time to adapt to the high demands of training, so don't rush it.

Warm Up & Cool Down Right

To stay safe and comfortable, start every session with 5 minutes of brisk walking as a warm-up. The workout times that I have listed below include 5 minutes of warming up and another 5 minutes for after you're done training so you can cool down with another 5-minute easy walk.

Week Starting - 29th January

- Session I is a 26-minute workout. Run one minute, then walk two minutes and repeat seven times.
- Session II is a 30-minute total workout. Run one minute, then walk two minutes and repeat eight times.
- Session III is a 33-minute total workout. Run one minute, then walk two minutes and repeat nine times.

Week Starting - 5th February

- Session I is a 26-minute workout. Run one minute, then walk two minutes and repeat seven times.
- Session II is a 30-minute total workout. Run one minute, then walk two minutes and repeat eight times.
- Session III is a 33-minute total workout. Run one minute, then walk two minutes and repeat nine times.

Week Starting - 12th February

- Session I is a 35-minute total workout. Run two minutes, then walk two minutes and repeat five times.
- Session II is a 31-minute total workout. Run 90 seconds, then walk one minute and repeat six times.
- Session III is a 35-minute total workout. Run 90 seconds, then walk 30 seconds and repeat eight times.

Week Starting - 19th February

- Session I is a 35-minute total workout. Run two minutes, then walk one minute and repeat six times.
- Session II is a 40-minute total workout. Run two minutes, then walk one minute and repeat eight times.
- Session III is a 40-minute total workout. Run two minutes, then walk 30 seconds and repeat ten times.

Week Starting - 26th February

- Session I is a 40-minute total workout. Run two minutes, then walk 30 seconds and repeat ten times.
- Session II is a 40-minute total workout. Run three minutes, then walk one minute and repeat six times.
- Session III is a 40-minute total workout. Run three minutes, then walk 30 seconds and repeat eight times.

Week Starting - 4th March

- Session I is a 40-minute total workout. Run four minutes, then walk 90 seconds and repeat six times.
- Session II is a 40-minute workout. Run four minutes, then walk 30 seconds and repeat eight times.
- Session III is a 45-minute workout. Run five minutes, then walk one minute and repeat six times.

Week Starting - 11th March

- Session I is a 45-minute workout. Run five minutes, then walk 30 seconds and repeat eight times.
- Session II is a 45-minute workout. Run seven minutes, then walk two minutes and repeat four times.
- Session III is a 45-minute workout. Run seven minutes, then walk one minute and repeat six times.

Week Starting - 18th March

- Session I is a 45-minute Run eight minutes, then walk 90 seconds and repeat four times.
- Session II is a 50-minute workout. Run ten minutes, then walk two minutes and repeat three times.
- Session III is a 45-minute workout. Run ten minutes, then walk one minute and repeat three times.

Week Starting - 25th March

- Session I is a 50-minute Run 12 minutes, then walk two minutes and repeat three times.
- Session II is a 50-minute workout. Run 15 minutes, then walk 90 seconds and repeat three times.
- Session III is a 50-minute workout. Run 20 minutes, then walk one minute and repeat two times.

Week Starting - 1st April

- Session I is a 55-minute workout. Run 25 minutes, then walk for two minutes and repeat two times.
- Session II is a 50-minute workout. Run 30 minutes, then walk two minutes and run 20 minutes.
- Session III is a 55-minute workout. Run 35 minutes, then walk three minutes and run 15 minutes.

Week Starting - 8th April

- Session I is a 50-minute workout. Run 30 minutes, then walk two minutes, then run 15 minutes.
- Session II is a 55-minute workout. Run 35 minutes, then walk three minutes and then run 10 minutes.
- Session III is a 45-minute workout. Run 40 minutes.

Week Starting - 15th April

- Session I is a 45-minute workout. Run 40 minutes.
- Session II is a 50-minute workout. Run 45 minutes.
- Session III is a 60-minute workout. Run 30 minutes, then walk five minutes, then run 20 minutes.

Week Starting - 22nd April

- Session I is a 45-minute workout. Run 40 minutes.
- Session II is a 50-minute workout. Run 45 minutes.
- Session III is a 70-minute workout. Run 35 minutes, then walk three minutes, then run 20 minutes.

Week Starting - 29th April

- Session I is a 60-minute workout. Run 50 minutes.
- Session II is a 45-minute workout. Run 20 minutes, then walk two minutes and repeat two times.
- Session III is a 40-minute workout. Run 15 minutes, then walk two minutes and repeat two times.

Taper Week Starting - 6th May

- Session I is a 20-minute workout. Run 1 minute, then walk 1 minute x 10
- Session II is a 20-minute workout. Run 1 minute, then walk 1 minute x 10

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