

# 10K RUN WALK

## 8 WEEK TRAINING PLAN

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	6 x (1 min easy run, 1 min easy walk)	REST	REST	20 min brisk walk	REST	1 mile (1 min easy run, 1 min easy walk)

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min brisk walk	REST	REST	8 x (1 min easy run, 1 min easy walk)	REST	1.5 miles (1.5 min easy run, 1.5 min easy walk)

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min brisk walk	REST	REST	10 x (1 min easy run, 1 min easy walk)	REST	2 miles (1.5 min easy run, 1.5 min easy walk)

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min brisk walk	REST	REST	12 x (1 min easy run, 1 min easy walk)	REST	2.5 miles (2 min easy run, 1.5 min easy walk)

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min brisk walk	REST	REST	5 x (3 min easy run, 2 min easy walk)	REST	3 miles (2 min easy run, 1 min easy walk)

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	3.5 mile (2 min easy run, 1 min easy walk)

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### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	<b>4 miles</b> (2 min easy run, 1 min easy walk)

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min brisk walk	REST	REST	10 min easy walk + 4 x (3 min easy run, 1 min easy walk)	REST	<b>RACE</b> GOOD LUCK!