



## Simple Running Plan (10 km)

**\*Always start and finish with a 5 minute walk\***

Week	Workout 1	Workout 2	Workout 3	Workout 4
1	8 x (1 min walk, 1 min run); 16 min total	10 x (1 min walk, 1 min run); 20 min total	12 x (1 min walk, 1 min run); 24 min total	-
2	13 x (1 min walk, 1 min run); 26 min total	15 x (1 min walk, 1 min run); 30 min total	4 x (2 min run, 1 min walk); 12 min total	-
3	5 x (2 min run, 1 min walk); 15 min total	7 x (2 min run, 1 min walk); 21 min total	9 x (2 min run, 1 min walk); 27 min total	-
4	10 x (1 min walk, 2 min run); 30 min total	4 x (1 min walk, 3 min run); 16 min total	6 x (1 min walk, 3 min run); 24 min total	-
5	7 x (1 min walk, 3 min run); 28 min total	12 x (1 min walk, 4 min run); 10 min total	4 x (1 min walk, 4 min run); 20 min total	-
6	5 x (1 min walk, 4 min run); 25 min total	1 x (1 min walk, 9 min run); 10 min total	2 x (1 min walk, 9 min run); 20 min total	3 x (1 min walk, 9 min run); 30 min total
7	1 x (1 min walk, 14 min run); 15 min total	2 x (1 min walk, 14 min run); 30 min total	25 min run	-
8	2 x (1 min walk, 19 min run); 40 min total	2 x (1 min walk, 24 min run); 50 min total	35 min run	-
9	2 x (1 min walk, 29 min run); 60 min total	2 x (1 min walk, 34 min run); 70 min total	45 min run (optional)	-
Run	40 min run	2 x (1 min walk, 29 min run); 60 min total	Race Day!	-