

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 23 January. Good luck!

WEEK ONE – Mon 23 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 30 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 6 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 13 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 20 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 27 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 5 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 12 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 19 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 26 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 1 April!