

10 MILE RUN WALK

12 WEEK TRAINING PLAN

It's a huge achievement to commit to a training plan and complete an event whether you run it, walk it or do a mixture of both. With our run-walk training schedule, you'll be on the road to success in no time.



10 MILE RUN WALK

12 WEEK TRAINING PLAN

WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---|-----------|----------|---------------------------|----------|---|
| REST | 6 x (1 min easy run followed by 1 min of easy walk) | REST | REST | 20 minutes brisk walking. | REST | 1 min easy run followed by 1 min easy walk, for a total distance of 1 mile. |

WEEK 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|--|----------|--|
| REST | 20 minutes brisk walking. | REST | REST | 8 x (1 min easy run followed by 1 min easy walk) | REST | 1.5 min easy run followed by 1.5 min easy walk, for a total distance of 1.5 miles. |

WEEK 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|---|----------|--|
| REST | 25 minutes brisk walking. | REST | REST | 10 x (1 min easy run followed by 1 min easy walk) | REST | 1.5 min easy run followed by 1.5 min easy walk, for a total distance of 2 miles. |

WEEK 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|---|----------|--|
| REST | 25 minutes brisk walking. | REST | REST | 12 x (3 min easy run followed by 2 min easy walk) | REST | 2 min easy run followed by 1 min easy walk, for a total distance of 2.5 miles. |

WEEK 5

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|--|----------|--|
| REST | 25 minutes brisk walking. | REST | REST | 5 x (3 min easy run followed by 2 min easy walk) | REST | 2 min easy run followed by 1 min easy walk, for a total distance of 3 miles. |

WEEK 6

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|--|----------|--|
| REST | 25 minutes brisk walking. | REST | REST | 6 x (3 min easy run followed by 2 min easy walk) | REST | 2 min easy run followed by 1 min easy walk, for a total distance of 3.5 miles. |

10 MILE RUN WALK

12 WEEK TRAINING PLAN

WEEK 7

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|--|----------|--|
| REST | 25 minutes brisk walking. | REST | REST | 6 x (3 min easy run followed by 2 min easy walk) | REST | 3 min easy run followed by 1 min easy walk, for a total distance of 4 miles. |

WEEK 8

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|--|----------|--|
| REST | 25 minutes brisk walking. | REST | REST | 6 x (4 min easy run followed by 1 min easy walk) | REST | 3 min easy run followed by 1 min easy walk, for a total distance of 5 miles. |

WEEK 9

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|--|----------|--|
| REST | 30 minutes brisk walking. | REST | REST | 9 x (4 min easy run followed by 1 min easy walk) | REST | 3 min easy run followed by 1 min easy walk, for a total distance of 6 miles. |

WEEK 10

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|--|----------|--|
| REST | 30 minutes brisk walking. | REST | REST | 6 x (4 min easy run followed by 1 min easy walk) | REST | 3 min easy run followed by 1 min easy walk, for a total distance of 7 miles. |

WEEK 11

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------|-----------|----------|--|----------|--|
| REST | 30 minutes brisk walking. | REST | REST | 7 x (4 min easy run followed by 1 min easy walk) | REST | 3 min easy run followed by 1 min easy walk, for a total distance of 8 miles. |

WEEK 12

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--------------------------|-----------|----------|---|----------|--------------------------------|
| REST | 30 minutes easy walking. | REST | REST | 10 min easy walk + 3 x (3 min easy run followed by 1 min easy walk) | REST | EVENT DAY GOOD LUCK! |