

# 10 Weeks to 5k

Are you looking to enter a 10K race or simply want to see if you can run 10k? Follow our simple 10 week to 10k programme and build yourself up slowly to the 10k distance

| Week | Mon        | Tue           | Wed           | Thur          | Fri           | Sat           | Sun             |
|------|------------|---------------|---------------|---------------|---------------|---------------|-----------------|
| 1    | 1km        | Off           | Gym Session 1 | Off           | 1km           | Gym Session 1 | Off             |
| 2    | Off        | 1km           | Off           | 1km Fartlek   | Off           | 2km           | Off             |
| 3    | 1.5km      | Off           | Gym Session 1 | Off           | Gym Session 2 | 2km           | Off             |
| 4    | 2km        | Gym Session 2 | Off           | Gym Session 2 | 2.5km         | Off           | Off             |
| 5    | 3km slow   | Gym Session 2 | Off           | Gym Session 3 | 2km           | 3km           | Off             |
| 6    | 3km        | Gym Session 3 | Off           | Gym Session 3 | 2km slow      | 3.5km         | Off             |
| 7    | 2km fast   | Gym Session 3 | Off           | 3.5km slow    | Gym Session 4 | 4km           | Off             |
| 8    | 4km        | Off           | 3km Fartlek   | Off           | 4km slow      | Gym Session 4 | Off             |
| 9    | 2km fast   | Off           | 3km fast      | Off           | Gym Session 4 | 4.5km         | Off             |
| 10   | 3.5km slow | Off           | 4km slow      | 2km slow      | Off           | Off           | <b>5km Race</b> |

**Fartlek** - refers to a loosely structured interval training run. Pick up the pace for short bursts and get your body used to changing tempo, (you can do timed intervals or use landmarks such as lamp posts or junctions). In between the high intensity bursts, the run should be at a comfortable pace.

**'Fast'** - treat as a time trial - as fast as you can!

**'Slow'** - treat as a recovery run, very easy pace.

**Gym Session 1** - 2km treadmill jog followed by: 2x circuits of resistance equipment (10-12 reps), 3x planks (hold for as long as possible).

**Gym Session 2** - 3km steady treadmill jog, then 10mins hard exercise on bike / rower. 3x 12 sit ups and 3x 15reps of dorsal raises (for lower back strength)

**Gym Session 3** - 20 minute treadmill: 5min warm up then 12mins of 2min intervals - alternating hard and fast with steady pace and 3min cool down. 2x circuits on resistance equipment (12-15 reps), 3 planks and 1 other core exercise.

**Gym Session 4** - 15mins on treadmill at steady pace. Then 2x circuits of resistance equipment (10-12 reps) and 15mins on bike or rower.

