

CALCUTTA RUN 10K RUN TRAINING PROGRAMME

This programme is ideal for the participant with some running experience who wants to prepare for a 10K distance.

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Week 1
Start slow
& build up
your pace

Day 1 30 min Walk / Light Jog
Day 2 Jog / Walk 15 minutes
Day 3 Jog / Walk 15 minutes

Week 2

Day 1 40 min Walk / Light Jog
Day 2 Jog / Walk 15 minutes
Day 3 20 min Jog

Week 3

Day 1 50 min Walk / Jog
Day 2 25 minutes easy Run
Day 3 Run 5 mins, Walk 1 min over 60 mins

Week 4

Day 1 60 min Walk / Jog
Day 2 25 minutes easy Run
Day 3 Run 5 mins, Walk 1 min over 60 mins

Week 5

Day 1 75 min Walk / Jog
Day 2 35 minutes easy Run
Day 3 Run 5 mins, Walk 1 min over 75 mins

Week 6

Day 1 75 min Walk / Run
Day 2 45 minutes easy Run
Day 3 Run 5 mins, Walk 1 min over 60 mins (start to add incline)

Week 7

Day 1 75 min Walk / Run
Day 2 45 minutes steady Run
Day 3 Run 5 mins, Walk 1 min over 75 mins (increase time at incline)

Week 8

Day 1 45 min Walk / Run
Day 2 45 min Run
Day 3 & Day 4 20 min easy Run

REST A FEW DAYS BEFORE THE RUN! GOOD LUCK!