



6 WEEK TRAINING PLAN

RBLI.CO.UK/TOMMY10K

WEEK 1

No matter how keen you are to get going, take it steady. You will never regret giving yourself a nice, gradual introduction to your training plan! Think of jogging pace as a conversational pace. Give your body time to get used to this new challenge of getting ready for a 10k in 6 weeks.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Walk 2 minutes, jog 5 minutes, repeat 3 times.	REST	Walk 2 minutes, jog 4 minutes, repeat 4 times.	Mix up periods of running with walking for a total of 15 minutes.	Walk 1 minute; Jog 8 minutes. Repeat 3 times.	REST

WEEK 2

You're now underway! Remember if you're new to running or are coming back to the sport, it's all too easy to overstress your body and risk injury or loss of motivation. So keep it fun and you'll start to reap the benefits! Week 2 ends with 30 minutes worth of running, so stay with it.

MON	TUE	WED	THU	FRI	SAT	SUN
Walk 2 minutes; Jog 8 minutes. Repeat 3 times.	REST	Walk 2 minutes; Jog 10 minutes. Repeat 3 times.	REST	REST	Jog 20 minutes; walk 2 minutes; jog 10 minutes.	REST

WEEK 3

This block sees the time of the jogging intervals increasing further with short walking breaks. You are progressing nicely and should be starting to feel like a runner with your 10k in sight. You can pick up the pace of your jogging too! This new 'steady' pace is slightly quicker than your 'conversational' jogging pace so get used to switching between the two.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Run 12 minutes steady then walk 3 minutes. Repeat 2 times.	REST	Walk 2 minutes; Jog 15 minutes. Repeat 2 times.	REST	REST	Walk 2 minutes; run 20 minutes steady; walk 2 minutes; jog 15 minutes.



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WEEK 4

You are now halfway through your training schedule so well done! As you are feeling fitter you should be able to run faster for longer more comfortably. Again remember to keep to 'jog pace' when instructed and run slightly faster on when steady pace is required. to feel like a runner with your 10k in sight. You can pick up the pace of your jogging too! This new 'steady' pace is slightly quicker than your 'conversational' jogging pace so get used to switching between the two.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Jog 20 minutes; walk 2 minutes; jog 20 minutes.	REST	Walk 2 minutes; run 8 minutes steady, Repeat 3 times.	15 minutes of easy running	Jog 35 minutes; walk 5 minutes.	REST

WEEK 5

Week 5 sees your fitness coming along and you should be growing in confidence at the thought of tackling your 10k. Remember that it's better to complete your runs, and the event itself, at a pace you will enjoy – so no need to run your yourself into the ground.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Run 10 minutes at a steady pace and walk 3 minutes.	REST	Jog 25 minutes; walk 5 minutes; run 10 minutes steady.	REST	Jog 40 minutes; walk 5 minutes.	REST

WEEK 6

The week you've been waiting for has arrived! This six week plan has hopefully been fun to complete and made you feel a fitter individual! This week is just about ticking over and you're almost ready for your 10k event.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Jog 30 minutes.	REST	Jog 20 minutes;walk 5 minutes; jog 10 minutes.	REST	REST	10K DAY!