



Train With Us

0 to 10k Plan

WEEK ONE

Monday: Walk 1 min / Jog 1 min for 20 minutes
 Wednesday: Walk 1 min / Jog 1 min for 20 minutes
 Friday: Walk 1 min / Jog 1 min for 20 minutes
 Sunday: Long walk for 30 minutes

WEEK TWO

Monday: Walk 1 min / Jog 2 mins for 20 minutes
 Wednesday: Walk 1 min / Jog 2 mins for 20 minutes
 Friday: Walk 1 min / Jog 3 mins for 20 minutes
 Sunday: Long walk for 40 minutes

WEEK THREE

Monday: Walk 1 min / Jog 4 mins for 20 minutes
 Wednesday: Jog 10 mins / Walk 10 mins
 Friday: Jog 5 mins / Walk 3 mins (X3)
 Sunday: Long walk for 45 mins

WEEK FOUR

Monday: Jog 12 mins / Walk 12 mins
 Wednesday: Jog 8 mins / Walk 1 min (X2)
 Friday: Jog 15 mins
 Sunday: Jog 2 mins / Walk 1 min for 40 minutes

WEEK FIVE

Monday: Jog 20 mins
 Wednesday: Run 5 mins / Walk or Jog 2 mins (X3)
 Friday: Jog 25 mins
 Sunday: Run 25 mins



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WEEK SIX

Monday: Jog 20 mins
 Wednesday: Run 10 mins / Walk or jog 2 mins (X2)
 Friday: Jog 20 mins
 Sunday: **RUN 5K**

WEEK SEVEN

Monday: 35 mins easy run
 Wednesday: 20 mins
 Friday: Run 10 mins / Walk 4 mins (X2)
 Sunday: Run 40 mins

WEEK EIGHT

Monday: Jog 30 mins
 Wednesday: Run 35 mins
 Friday: Run 5 mins / Jog 3 mins (X3)
 Sunday: Run 50 mins

WEEK NINE

Monday: Jog 35 mins
 Wednesday: Steady run 40 mins
 Friday: Run 6 mins / Walk or Jog 3 mins (X4)
 Sunday: Run 60 mins

WEEK 10

Monday: Run 30 mins
 Wednesday: Run 25 mins
 Friday: Run 8 mins / Jog 2 mins (X2)
 Sunday: **RUN 10K**