SCOTTISH RUNNING GUIDE
10K Training Schedule

You have followed our 5K training schedule and by sticking to the mantra of 'little and often' you had a successful race day. With this easy to follow 10K training plan you can take your running to a new level in just 10 weeks.

10 WEEKS UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
REST	Walk 20 minutes at a relaxed pace	REST	Run 5 minutes, walk 3 minutes. Repeat X 1	REST	Run 7 minutes, walk 2 minutes. Repeat X 1	60 minute brisk walk

9 WEEKS UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
REST	Walk 30 minutes at a relaxed pace	REST	Run 10 minutes, walk 2 minutes. Repeat X 1	REST	Run 7 minutes, walk 2 minutes. Repeat X 1	60 minute brisk walk

8 WEEKS UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
REST	Walk 30 minutes - up the pace slightly	REST	Run 15 minutes	REST	Run 10 minutes, walk 3 minutes. Repeat X 1	60 minute brisk walk

7 WEEKS UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
REST	Run 15 minutes	REST	Run 20 minutes	REST	Run 15 minutes	70 minute brisk walk

6 WEEKS UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
REST	Run 20 minutes	REST	Run 20 minutes	REST	Run 25 minutes	70 minute brisk walk

5 WEEKS UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
REST	Walk 40 minutes at a relaxed pace	REST	**Run 5 minutes.** Then run 1 minute/ walk 1 minute X 5	REST	Run 25 minutes	Run 40 minutes

4 WEEKS UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
REST	Run 20 minutes	REST	**Run 5 minutes.** Then run 1 minute/ walk 1 minute) X 6	REST	Run 20 minutes	Run 45 minutes

3 WEEKS UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
REST	Walk 40 minutes at a relaxed pace	REST	**Run 5 minutes.** Then run 1 minute/ walk 1 minute) X 8	REST	Run 30 minutes	Run 50 minutes

2 WEEKS UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
REST	Run 25 minutes	REST	**Run 5 minutes.** Then run 1 minute/ walk 1 minute) X 10	REST	Run 20 minutes	Run 60 minutes

1 WEEK UNTIL RACE DAY

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
Run 30 minutes	REST	Run 20 minutes	REST	REST	REST	RACE DAY!