# 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.

	WEEKS UNTIL RACE DAY
	WEEKS ONTIL NACE DAT

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

## **WEEKS UNTIL RACE DAY**

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

### WEEKS UNTIL RACE DAY

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

### **WEEKS UNTIL RACE DAY**

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

### WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 20 minutes	WED: REST	THURS: Run 20 minutes	FRI: REST	SAT: Run 25 minutes	SUN: 70 minute brisk walk
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# WEEKS UNTIL RACE DAY

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

walk 1 minute X 5

## WEEKS UNTIL RACE DAY

pace

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

# WEEKS UNTIL RACE DAY

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

### **WEEKS UNTIL RACE DAY**

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

### **WEEK UNTIL RACE DAY**

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