

10km run

A six-week plan to stretch your fitness

<i>Week/Day</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday (OPTIONAL 4th run)</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Week 1</i>	<i>20 min run</i>	<i>Rest</i>	<i>25 mins jog 3 min run 2 min x5</i>	<i>Rest/cross-train</i>	<i>20 min off-road or undulating run</i>	<i>Rest</i>	<i>30 min run (take a brief walking break halfway through, if necessary)</i>
<i>Week 2</i>	<i>25 min run</i>	<i>Rest</i>	<i>25 mins jog 3 min run 2 min x5</i>	<i>Rest/cross-train</i>	<i>20 min off-road or undulating run</i>	<i>Rest</i>	<i>35 min run (take a brief walking break halfway through, if necessary)</i>
<i>Week 3</i>	<i>25 min run</i>	<i>Rest</i>	<i>25 mins jog 2 min run 3 min x5</i>	<i>Rest/cross-train</i>	<i>20 min off-road or undulating run</i>	<i>Rest</i>	<i>40 min run (take a brief walking break halfway through if necessary)</i>
<i>Week 4</i>	<i>30 min run</i>	<i>Rest</i>	<i>30 mins jog 2 min run 3 min x6</i>	<i>Rest/cross-train</i>	<i>25 min off-road or undulating run</i>	<i>Rest</i>	<i>45 min run (try to run continuously, even if you have to run slower)</i>
<i>Week 5</i>	<i>30 min run</i>	<i>Rest</i>	<i>30 mins jog 2 min run 4 min x5</i>	<i>Rest/cross-train</i>	<i>25 min off-road or undulating run</i>	<i>Rest</i>	<i>50 min run (try to run continuously, even if you have to run slower)</i>
<i>Week 6</i>	<i>Rest</i>	<i>30 min run</i>	<i>Rest</i>	<i>20 mins jog 7 mins run 3 mins x2</i>	<i>Rest</i>	<i>Rest</i>	<i>Run 10km</i>