



6 WEEK TRAINING PLAN – 10km Event, finishing safely & strongly.

- Match your 'effort' to the listed time.
- No focus or interest is given to distance or pacing.
- Note the recommended session work/rest ratio.
- Employ a shorter, lower to the ground running stride.
- The Walk:Run Method relates to Walk, briskly (minutes): Run (minutes).



WEEK 6

Date	Session	Intensity	Time	Details
MON	REST			
TUES	Building	Easy	20	5 min brisk walking warm up. W3:R2 = 5 mins x 3 = 15 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	30	5 min brisk walking warm up. W2:R3 = 5 mins x 5 = 25 mins All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	40	5 min brisk walking warm up. W2:R3 = 5 mins x 7 = 35 mins. 5 min brisk walking warm down. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.

WEEK 5

MON	REST			
TUES	Building	Easy	25	5 min brisk walking warm up. W3:R2 = 5 mins x 4 = 20 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	30	5 min brisk walking warm up. W2:R3 = 5 mins x 5 = 25 mins

				All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	40	5 min brisk walking warm up. W2:R3 = 5 mins x 7 = 35 mins. 5 min brisk walking warm down. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.
WEEK 4				
MON	REST			
TUES	Building	Easy	25	5 min brisk walking warm up. W3:R2 = 5 mins x 4 = 20 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	30	5 min brisk walking warm up. W2:R3 = 5 mins x 5 = 25 mins All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	40	5 min brisk walking warm up. W1:R4 = 5 mins x 7 = 35 mins. 5 min brisk walking warm down. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.
WEEK 3				
MON	REST			
TUES	Building	Easy	30	5 min brisk walking warm up. W3:R2 = 5 mins x 5 = 25 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	30	5 min brisk walking warm up. W1:R4 = 5 mins x 5 = 25 mins All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	40	5 min brisk walking warm up. W1:R4 = 5 mins x 7 = 35 mins. 5 min brisk walking warm down. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.
WEEK 2				

MON	REST			
TUES	Building	Easy	30	5 min brisk walking warm up. W3:R2 = 5 mins x 5 = 25 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	35	5 min brisk walking warm up. W1:R4 = 5 mins x 6 = 25 mins All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	40	5 min brisk walking warm up. W1:R4 = 5 mins x 7 = 35 mins. 5 min brisk walking warm down. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.
RACE WEEK				
MON	REST			
TUES	Building	Easy	30	5 min brisk walking warm up. W3:R2 = 5 mins x 5 = 25 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	25	5 min brisk walking warm up. W1:R4 = 5 mins x 4 = 20 mins All at your easy all-day effort over mixed terrain.
FRI	Walk	Easy	30	A brisk walk holding your easy effort.
SAT				
SUN	RACE DAY	Easy	?	Stick to W1:R4 from the starting gun – hold this ratio right to the end. And your intensity, your effort, is your easy – ALLDAY. Enjoy yourself.