



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

The introduction to safe, enjoyable, health-benefiting, running – the proper way!

- Follow the schedule for improved motivation & safety.
- Match your 'effort' (Intensity) to the listed time.
- There is zero focus or interest given to the distance covered or pacing on the day.
- Note the recommended day to day work(training session) /rest ratio.
- Walk = Walking 'briskly'.
- Run = Employ a shorter, lower to the ground, softer stride – at the listed effort.
- The Walk:Run Method relates to W (minutes): R (minutes) matching your listed effort.



Your EASY effort	Your MEDIUM effort	Your HARD effort
<ul style="list-style-type: none"> ✓ You can hold this effort all -day. ✓ You can hold conversations. ✓ Your best form is easily maintained. ✓ Your HR is about 100-120 beats per minute. 	<ul style="list-style-type: none"> ✓ You are working but still well in control. ✓ You can offer three-word answers. ✓ You are working to hold your best form. ✓ Your HR is about 120-140 beats per minute. 	<ul style="list-style-type: none"> ✓ You are now working hard but holding on. ✓ All focus is on your coordination. ✓ Any more challenging, and you'll lose form. ✓ Your HR is about 140-165 beats per minute.

WEEK 12

Date	Session	Intensity	Time	Details
MON	REST			
TUES	Building	Easy	20	5 min brisk walking warm up. W4:R1 = 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. W4:R1 = 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. W4:R1 = 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 11				
MON	REST			
TUES	Building	Easy	25	5 min brisk walking warm up. W4:R1 = 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. W3:R2 = 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. W4:R1 = 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 10				
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. W3:R2 = 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. W3:R2 = 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 9				

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. W3:R2 = 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. W3:R2 = 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 8

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. W2:R3 = 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. 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 7

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	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 6				
MON	REST			
TUES	Building	Easy	25	5 min brisk walking warm up. W1:R4 = 5 mins x 3 = 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. W1:R4 = 5 mins x 5 = 25 mins All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	50	5 min brisk walking warm up. W2:R3 = 5 mins x 8 = 40 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	30	5 min brisk walking warm up. W1:R4 = 5 mins x 5 = 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. W1:R9 = 10 mins x 2 = 20 mins 5 min brisk walking warm up. All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	50	5 min brisk walking warm up. W2:R8 = 10 mins x 4 = 40 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. R = 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	35	5 min brisk walking warm up. W2:R8 = 10 mins x 3 = 30 mins All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	60	5 min brisk walking warm up. W1:R9 = 10 mins x 5 = 50 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	25	5 min brisk walking warm up. R = 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	35	5 min brisk walking warm up. W2:R8 = 10 mins x 3 = 30 mins All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	60	5 min brisk walking warm up. W1:R9 = 10 mins x 5 = 50 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	25	5 min brisk walking warm up. R = 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	35	5 min brisk walking warm up. W2:R8 = 10 mins x 3 = 30 mins All at your easy all-day effort over mixed terrain.

FRI	REST			
SAT	Strength	Easy	60	5 min brisk walking warm up. W1:R9 = 10 mins x 5 = 50 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:R9 from the starting gun – hold this ratio right to the end. And your intensity, your effort, is your easy – ALLDAY. Enjoy yourself.