



9 WEEK TRAINING PREPARATION PLAN – 10km Event, finishing strongly running all the way.

- Match your 'effort' to the listed time.
- Zero 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 – a shuffle.
- The Walk:Run Method relates to Walk, briskly (minutes): Run (minutes).
- All you need is a stopwatch (smart phone).



WEEK 1

Date	Session	Intensity	Time	Details
MON				Please trust me with the Walk:Run method – and the progressive build-up and change of the run portion.
TUES	Walk:Run	Medium	30	OK, you'll need a stopwatch. Walk (briskly) 3 mins: Run (employ a short, low to the ground – shuffle-like stride) 3 = 6 mins x 5 = 30 mins
WEDS				
THURS	Walk;Run	Medium	30	Use a 2 walk: 3 run split @ 5 mins repeat for 30 mins. Spend 20 of the 30 mins on grass, if this be possible. You'll likely need tunes!
FRI				
SAT	Walk: Run	Medium	45	Walk 2: Run 3 = 5 mins x 8 = 40 mins
SUN				

WEEK 2

Date	Session	Intensity	Time	Details
MON				

TUES	Walk:Run	Medium	30	OK, you'll need a stopwatch. Walk (briskly) 2 mins: Run (employ a short, low to the ground – shuffle-like stride) 4 = 6 mins x 5 = 30 mins
WEDS				
THURS	Walk;Run	Medium	30	Use a 2 walk: 3 run split @ 5 mins repeat for 30 mins. Spend 20 of the 30 mins on grass, if this be possible. You'll likely need tunes!
FRI				
SAT	Walk: Run	Medium	45	Walk 2: Run 3 = 5 mins x 8 = 40 mins
SUN				

WEEK 2

Date	Session	Intensity	Time	Details
MON				
TUES	Walk:Run	Medium	30	5 walk: 20 run: 5 walk = 30 mins Run for 20 minutes at your medium effort – what ever that speed & distance yields.
WEDS				
THURS	Walk;Run	Medium	40	Use a 1 walk: 4 run split @ 5 mins repeat for 30 mins. Spend 25 of the 30 mins on grass, if this be possible. You'll likely need tunes!
FRI				
SAT	Walk: Run	Medium	42	Walk 2: Run 5 = 7 mins x 6 = 42 mins
SUN	Run	Easy	15	A short easy trot to finish off your training week.

WEEK 3

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	30	30 super easy paced shuffle.
WEDS				
THURS	Walk;Run	Medium	40	Use a 1 walk: 4 run split @ 5 mins repeat for 30 mins. Spend 25 of the 30 mins on grass, if this be possible. You'll likely need tunes!
FRI				

SAT	Walk: Run	Medium	49	Walk 2: Run 5 = 7 mins x 7 = 49 mins
SUN	Run	Easy	15	A short easy trot to finish off your training week.

WEEK 4

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Easy	30	30 super easy paced shuffle.
WEDS				
THURS	Walk;Run	Medium	40	1:4 split with most of the session spend on a slope @ your medium intensity only.
FRI				
SAT	Walk: Run	Medium	49	Walk 1: Run 6 = 7 mins x 7 = 49 mins
SUN	Run	Easy	20	Easy trot

WEEK 5

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Easy	35	35 super easy paced shuffle.
WEDS				
THURS	Walk;Run	Medium	45	1:4 split with most of the session spend on a slope @ your medium intensity only.
FRI				
SAT	Run	Medium	50	Start out holding your easy effort and build to your medium effort.
SUN	Run	Easy	20	Easy trot

WEEK 6

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	40 min medium run holding your best form. Again, keep your feet lower to the ground.
WEDS				
THURS	Walk;Run	Medium	40	1:4 split with most of the session spend on a slope @ your medium intensity only.
FRI				
SAT	Run	Medium	50	Start out holding your easy effort and build to your medium effort.
SUN	Run	Easy	20	Easy trot

WEEK 7

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	40 super easy paced shuffle.
WEDS				
THURS	Walk;Run	Medium	40	1:4 split with most of the session spend on a slope @ your medium intensity only.
FRI				
SAT	Run	Medium	50	Start out holding your easy effort and build to your medium effort.
SUN	Run	Easy	20	Easy trot

WEEK 8

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	Only for the last 8 mins, push yourself up to your harder effort. I recommend running harder on the grassy & flat terrain.
WEDS				
THURS	Walk;Run	Medium	40	1:4 split with most of the session spend on a slope @ your medium intensity only.
FRI				
SAT	Run	Medium	50	7 medium intensity: 3 hard intensity = 10 mins x 5 = 50mins
SUN	Walk or run	Easy	20	Easy intensity whatever you choose.

WEEK 9

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	Only for the last 8 mins, push yourself up to your harder effort. I recommend running harder on the grassy & flat terrain.
WEDS				
THURS	Run	Easy	30	30 easy trot
FRI				
SAT				
SUN	RACE DAY		?	Take the first 10 mins out easily, then push up to your hardest yet sustainable pace right to the finishing line. Be prepared to feel a little discomfort for 20 minutes. Go get em!

