



## 9 WEEK TRAINING PREPARATION PLAN – 10km Event, finishing safely & strongly.

- 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				
TUES	Walk	Medium	20	Please trust me on the easier starting asking effort. Your effort will slowly & safely build right up to race day.
WEDS				
THURS	Walk	Medium	20	Again, tick the box. 20 mins of brisk walking, only. Intensity is relative to how YOU feel. Easy is easy, medium is working a bit, and hard, means you find the effort demanding.
FRI				
SAT	Walk	Medium	45	Throw some tunes and get out the door.
SUN				

### WEEK 2

Date	Session	Intensity	Time	Details
MON				
TUES	Walk	Medium	20	Again, we're building your wall of strength. Start easily and build.
WEDS				

THURS	Walk	Medium	30	Add 10 minutes to today's session. There are no tricks.
FRI				
SAT	Walk	Medium	45	Fire up and knock over your long session of the week.
SUN				

### WEEK 3

Date	Session	Intensity	Time	Details
MON				
TUES	Walk	Medium	20	Be sure to throw in some hills if this is possible. Remember, treadmill workouts can be a well-fitting alternative.
WEDS				
THURS	Walk	Medium	30	Walking briskly means pressing your walking pace.
FRI				
SAT	Walk	Medium	60	An hour-long session. Tick off your sessions on this program.
SUN				

### WEEK 4

Date	Session	Intensity	Time	Details
MON				
TUES	Walk	Medium - hard	30	Find some working effort hills. It's ok to work a little harder on the ascents. This is good for you.
WEDS				
THURS	Walk:Run	Medium	30	Ideally on flat terrain. Walk (briskly) 4 (minutes): Run (a short, low to the ground shuffle-like) 1 (minute) = 5 min x 6 = 30 min session.
FRI				
SAT	Walk	Medium	60	An hour-long session. Tick off your sessions on this program.
SUN				

### WEEK 5

Date	Session	Intensity	Time	Details
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MON				
TUES	Walk:Run	Medium	30	Ideally on flat terrain. Walk (briskly) 4 (minutes): Run (a short, low to the ground shuffle-like) 1 (minute) = 5 min x 6 = 30 min session.
WEDS				
THURS	Walk:Run	Medium	30	Ideally on flat terrain. Walk (briskly) 3 (minutes): Run (a short, low to the ground shuffle-like) 2 (minute) = 5 min x 6 = 30 min session.
FRI				
SAT	Walk	Medium	75	75 minutes on your feet. Stop only for a quick drink of water.
SUN				

### WEEK 6

Date	Session	Intensity	Time	Details
MON				
TUES	Walk:Run	Medium	40	Ideally on flat terrain. Walk (briskly) 3 (minutes): Run (a short, low to the ground shuffle-like) 2 (minute) = 5 min x 8 = 30 min session.
WEDS				
THURS	Walk:Run	Medium	30	Ideally on flat terrain. Walk (briskly) 2 (minutes): Run (a short, low to the ground shuffle-like) 3 (minute) = 5 min x 6 = 30 min session.
FRI				
SAT	Walk	Medium	60	20 min brisk walk Walk 2: Run 3 = 5 x 8 = 40 mins
SUN	Walk	Easy	30	30 min easy walk. This is necessary for your best recovery.

### WEEK 7

Date	Session	Intensity	Time	Details
MON				
TUES	Walk:Run	Medium	40	Ideally on flat terrain.

				Walk (briskly) 3 (minutes): Run (a short, low to the ground shuffle-like) 2 (minute) = 5 min x 8 = 30 min session.
WEDS				
THURS	Walk:Run	Medium	30	Ideally on flat terrain. Walk (briskly) 1 (minutes): Run (a short, low to the ground shuffle-like) 4 (minute) = 5 min x 6 = 30 min session.
FRI				
SAT	Walk	Medium	60	20 min brisk walk Walk 2: Run 3 = 5 x 8 = 40 mins
SUN	Walk	Easy	30	30 min easy walk. This is necessary for your best recovery.

#### WEEK 8

Date	Session	Intensity	Time	Details
MON				
TUES	Walk:Run	Medium	40	Ideally on flat terrain. Walk (briskly) 3 (minutes): Run (a short, low to the ground shuffle-like) 2 (minute) = 5 min x 8 = 30 min session.
WEDS				
THURS	Walk:Run	Medium	30	Ideally on flat terrain. Walk 10: Run 5 = 15 x 3 = 45 mins.
FRI				
SAT	Walk	Medium	60	20 min brisk walk Walk 2: Run 3 = 5 x 8 = 40 mins
SUN	Walk	Easy	30	30 min easy walk. This is necessary for your best recovery.

#### WEEK 9

Date	Session	Intensity	Time	Details
MON				
TUES	Walk:Run	Medium	40	Ideally on flat terrain. Walk (briskly) 3 (minutes): Run (a short, low to the ground shuffle-like) 2 (minute) = 5 min x 8 = 30 min session.

WEDS				
THURS	Walk:Run	Medium	30	Ideally on flat terrain. Walk 10: Run 5 = 15 x 3 = 45 mins.
FRI				
SAT				
SUN	RACE DAY	Medium	Who cares	Relax, you've done more than enough prep work to enjoy this event. I say, the best way to truly treasure your experience is to employ a Walk 5: Run 5 until you finish. Hold this 5:5 split from the beginning. Walk = briskly Run = continue to use a short, low to the ground shuffle – this works! See you at the finish line!