

# 10km Run

## TRAINING PLAN

Race for Life



Our Sponsor

runnersneed

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	How do you feel?	Top tips
1	<b>Run</b> Easy run 20min	<b>Rest</b>	<b>Interval session</b> Warm up 10min, repeat brisk 5min and easy 1min x3, cooldown 10min	<b>Rest</b>	<b>Low impact training</b> Easy walk, bike, gym or swim	<b>Rest</b>	<b>Run</b> Run to distance 5km	😊 😐 😞	Check the weather before training and choose clothing and footwear to suit your conditions. Always cover up, and wear sunscreen of SPF 15+. Remember, Runners Need experts are always here to help with advice on the perfect kit for you.  Don't forget, with your Race for Life entry you also get 15% off at Runners Need in-store and online!*
2	<b>Low impact training</b> Easy walk, bike, gym or swim	<b>Rest</b>	<b>Interval session</b> Warm up 10min, repeat brisk 3min and easy 1min x5, cooldown 10min	<b>Rest</b>	<b>Run</b> Easy run 25min	<b>Rest</b>	<b>Run</b> Run to distance 6km	😊 😐 😞	Take this training plan at your own pace and ability. If you need to move a session, it's not the end of the world.  Having other people around you can help to motivate you. Why not ask a friend to join you on your next run?
3	<b>Run</b> Easy run 25min	<b>Rest</b>	<b>Progression run</b> Easy 20min, hard 10min, cooldown 5min	<b>Rest</b>	<b>Low impact training</b> Easy walk, bike, gym or swim	<b>Rest</b>	<b>Run</b> Run to distance 7km	😊 😐 😞	The run to distance is all about getting used to the mileage, so take it as easy as you need to.  Also, why not book a free gait analysis with Runners Need in-store experts to learn more about the way you run and the best shoes for you.
4	<b>Low impact training</b> Easy walk, bike, gym or swim	<b>Rest</b>	<b>Interval session</b> Warm up 10min, run hard 5min, rest 90sec, run hard 4min, rest 90sec, run hard 3min, rest 90sec, run hard 2min, rest 90sec, run hard 1min, rest 90sec, cooldown 10min	<b>Rest</b>	<b>Run</b> Easy run 30min	<b>Rest</b>	<b>Run</b> Run to distance 8km	😊 😐 😞	Try doing the run to distance at the same time of day as the race. This way, your body can adapt, ready for race day!
5	<b>Run</b> Easy run 35min	<b>Rest</b>	<b>Progression run</b> Easy 15min, hard 15min, cooldown 10min	<b>Rest</b>	<b>Gentle movement</b> Yoga, pilates or walk	<b>Rest</b>	<b>Run</b> Run to distance 9km	😊 😐 😞	Rest days allow your body to recover and help prepare for your next run. So, to stay fresher on race day, make sure you cover less distance on race week.
6	<b>Rest</b>	<b>Rest</b>	<b>Interval session</b> Warm up 10min, repeat hard 3min and easy 2min x5, cooldown 5min	<b>Rest</b>	<b>Run</b> Easy run 25min	<b>Rest</b>	<b>Race Day</b>	😊 😐 😞	Remember what you're doing this for! Have fun, enjoy the day and go at your own pace.



Users must ensure they are fit and of sufficient health to take part in this programme. You should speak to your doctor if you have any concerns before taking part. Stop immediately in the event of any injuries or concerns and seek appropriate advice.

\* To receive your 15% partner discount please show your Race for Life sign-up email in-store. Or to use your discount online simply forward a copy of your Race for Life sign-up email to [enquiries@runnersneed.com](mailto:enquiries@runnersneed.com) to receive your online code. Full T&Cs available online.

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