### 10km Run Training Plan

**Week 1**
- **Day 1**: Run — Easy run 20min
- **Day 2**: Rest
- **Day 3**: Interval session — Warm up 10min, repeat brisk 5min and easy 1min x3, cool down 10min
- **Day 4**: Low impact training — Easy walk, bike, gym or swim
- **Day 5**: Run — Run to distance 5km
- **Day 6**: Rest
- **Day 7**: Rest

**Top tips**
- 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.

**Week 2**
- **Day 1**: Low impact training — Easy walk, bike, gym or swim
- **Day 2**: Rest
- **Day 3**: Interval session — Warm up 10min, repeat brisk 3min and easy 1min x5, cool down 10min
- **Day 4**: Run — Easy run 25min
- **Day 5**: Run — Run to distance 6km
- **Day 6**: Rest
- **Day 7**: Rest

**Top tips**
- 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.
- The run to distance is all about getting used to the mileage, so take it as easy as you need to.

**Week 3**
- **Day 1**: Run — Easy run 25min
- **Day 2**: Rest
- **Day 3**: Progression run — Easy 20min, hard 10min, cool down 5min
- **Day 4**: Low impact training — Easy walk, bike, gym or swim
- **Day 5**: Run — Run to distance 7km
- **Day 6**: Rest
- **Day 7**: Rest

**Top tips**
- 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!

**Week 4**
- **Day 1**: Low impact training — Easy walk, bike, gym or swim
- **Day 2**: Rest
- **Day 3**: Interval session — 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, cool down 10min
- **Day 4**: Run — Easy run 30min
- **Day 5**: Run — Run to distance 8km
- **Day 6**: Rest
- **Day 7**: Rest

**Top tips**
- 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.

**Week 5**
- **Day 1**: Run — Easy run 35min
- **Day 2**: Rest
- **Day 3**: Progression run — Easy 15min, hard 15min, cool down 10min
- **Day 4**: Gentle movement — Yoga, pilates or walk
- **Day 5**: Run — Run to distance 9km
- **Day 6**: Rest
- **Day 7**: Race Day

**Top tips**
- Remember what you’re doing this for! Have fun, enjoy the day and go at your own pace.

**Week 6**
- **Day 1**: Rest
- **Day 2**: Rest
- **Day 3**: Interval session — Warm up 10min, repeat hard 3min and easy 2min x5, cool down 5min
- **Day 4**: Run — Easy run 25min
- **Day 5**: Rest
- **Day 6**: Race Day
- **Day 7**: Rest

**Race Day**

**Top tips**
- 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.

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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.

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