



Couch to Pontefract 10k

Follow the 12 week training programme to prepare for Pontefract 10k. Start each session with a 5 minute walk to warm up your muscles, and always stretch afterwards.

Week 1

Day 1	Run 1 min	Walk 2 mins	x8
Day 2	Run 1 min	Walk 2 mins	x6
Day 3	Run 1 min	Walk 2 mins	x10

Week 2

Day 1	Run 2 mins	Walk 2 mins	x7
Day 2	Run 2 mins	Walk 2 mins	x6
Day 3	Run 2 mins	Walk 2 mins	x8

Week 3

Day 1	Run 3 mins	Walk 2 mins	x6
Day 2	Run 3 mins	Walk 2 mins	x5
Day 3	Run 3 mins	Walk 2 mins	x7

Week 4

Day 1	Run 5 mins	Walk 3 mins	x4
Day 2	Run 5 mins	Walk 2 mins	x3
Day 3	Run 5 mins	Walk 3 mins	x5

Week 5

Day 1	Run 3 mins	Walk 2 mins	x6
Day 2	Run 3 mins	Walk 2 mins	x5
Day 3	Run 5 mins	Walk 2 mins	x4

Week 6

Day 1	Run 8 mins	Walk 3mins	x3
Day 2	Run 7 mins	Walk 2 mins	x3
Day 3	Run 8 mins	Walk 3 mins	x3

Week 7

Day 1	Run 9 mins	Walk 3 mins	x2
Day 2	Run 8 mins	Walk 2 mins	x3
Day 3	Run 10mins	Walk 3 mins	x3

Week 8

Day 1	Run 15 mins	Walk 5 mins	x2
Day 2	Run 15 mins	Walk 5 mins	Run 10 mins
Day 3	Run 20 mins	Walk 5 mins	Run 15 mins

Week 9

Day 1	Run 10 mins	Walk 3 mins	Run 16 mins
Day 2	Run 15 mins	Walk 5 mins	Run 10 mins
Day 3	Run 15 mins	Walk 5 mins	x2

Week 10

Day 1	Run 20 mins	Walk 2 mins	Run 20 mins
Day 2	Run 30 mins		
Day 3	Run 40 mins		

Week 11

Day 1	Run 45 mins		
Day 2	Run 25 mins		
Day 3	Run 55 mins		

Week 12

Day 1	Run 45 mins		
Day 2	Run 30 mins		
Day 3	Run 60 mins		

Event Day!

