



## 6 Week Couch to 10k Training Plan

A beginner's guide to running Pontefract 10k



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	2 min run, 1 min walk (keep going for 20 mins)	Swim/ go for a walk/ go to the gym	Repeat Tuesday's session (run/walk)	Rest	Rest	Long run - 10 min walk, 20 min jog (run/walk), 10 min walk cool down
2	Rest	5 min run, 1 min walk (keep going for 20 mins)	Swim/ go for a walk/ go to the gym	Repeat Tuesday's session (run/walk)	Rest	Rest/ go for a swim	Long run - 10 min walk, 25 min jog (run/walk), 10 min walk cool down
3	Rest	7 min run, 1 min walk (keep going for 25 mins)	Brisk walk	Repeat Tuesday's session (run/walk)	Rest	Visit Pontefract Park Run – have a go at walking around the course	Long run - 10 min walk, 30 min jog (try no stopping), 10 min cool down

4	Rest	20 min jog	Swim/ go for a walk/ go to the gym	8 min run, 2 min walk (repeat twice)	Rest	Vist Pontefract Park Run – run/walk the course	Long run - 10 min walk, 40 min jog (try no stopping), 10 min cool down
5	Rest	40 min jog	Rest	10 min gentle jog, 20 min run, 20 min gentle jog	20 min jog	Rest	Long run - 60 min run/walk (start and finish with a brisk walk)
6	Rest or swim	30 min jog	Rest	20 min jog	Rest	Rest	<b>RACE DAY</b> (Don't set off too fast, enjoy and smile at the finish) Well Done!