

# Worcester City Runs

12 Week Training Plan - 10K



	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Week 1</b>	Brisk walk 20 mins	Rest	2K Jog	Rest	Intervals 1k Jog 0.5k walk x3	Rest	2K run
<b>Week 2</b>	Brisk walk 20 mins	Rest	2K Jog	Rest	Intervals 1k Jog 0.5k walk x4	Rest	3K run
<b>Week 3</b>	Brisk walk 20 mins	Rest	3K Jog	Rest	Intervals 1k Jog 0.5k walk x4	Rest	3K run
<b>Week 4</b>	Brisk walk 20 mins	Rest	3K Jog	Rest	Intervals 1k Jog 0.5k sprint x3	Rest	4K run
<b>Week 5</b>	Brisk walk 20 mins	Rest	Intervals 1k fast run 0.5k walk x3	Rest	3K Gentle Jog	Rest	5K run
<b>Week 6</b>	Brisk walk 20 mins	Rest	Intervals 1k fast run 0.5k walk x4	Rest	3K Gentle Jog	Rest	6K run
<b>Week 7</b>	Brisk walk 20 mins	Rest	Intervals 0.5k sprint 0.5k walk x4	Rest	4K Gentle Jog	Rest	7K run
<b>Week 8</b>	Brisk walk 20 mins	Rest	4K run	Rest	Intervals 0.5K sprint 0.5K walk x 6	Rest	8K run
<b>Week 9</b>	Brisk walk 20 mins	Rest	Intervals 0.5k sprint 0.5k walk x8	Rest	4K Gentle Jog	Rest	9K run
<b>Week 10</b>	Brisk walk 20 mins	Rest	3K run	Rest	4K Gentle Jog	Rest	10K run
<b>Week 11</b>	Brisk walk 20 mins	Rest	3K run	Rest	3K Gentle Jog	Rest	8K run
<b>Week 12</b>	Rest	Intervals 1k jog 0.5k walk x4	Rest	Rest	3K Gentle Jog	Rest	<b>Race Day!</b> Good Luck!