

10 week running plan: includes 2 x short runs, 1 longer run, 1 interval session (starting week 5) and some optional gym & rest days. This program is suitable for people who can run approx. 3km and would like to build distance for the 2015 running festival season.

Week	Monday	Tuesday	Wednesday (Minutes)	Thursday	Friday (Minutes)	Saturday	Sunday (km)
Every session: 5 min warm up and 5 minute cool down + stretches (see next page)							
1	Rest or gym		Run 3/ walk 2 x 4 (20 min)	Rest or gym	Run 3/ walk 2 x 4 (20 min)	Rest or gym	3
2	Rest or gym		Run 5/ walk 2 x 3 (21 min)	Rest or gym	Run 5/ walk 2 x 3 (21 min)	Rest or gym	4
3	Rest or gym		Run 8/ walk 2 x 2 (20 min)	Rest or gym	Run 8/ walk 2 x 2 (20 min)	Rest or gym	5
4	Rest or gym		Run 10/ walk 2 x 2 (24 min)	Rest or gym	Run 10/ walk 2 x 2 (24 min)	Rest or gym	6 (include hills)
5	Rest or gym	4 x 30sec quick pace/ 90sec usual pace	Run 12/ walk 3 x 2 (30 min)	Rest or gym	Run 12/ walk 3 x 2 (30 min)	Rest or gym	7
6	Rest or gym	4 x 45sec quick pace/ 90 sec usual pace	Run 20 min	Rest or gym	Run 20 min	Rest or gym	8 (Race pace)
7	Rest or gym	4 x 60 sec quick pace/ 90sec usual pace	Run 25 min	Rest or gym	Run 25 min	Rest or gym	8 (include hills)
8	Rest or gym	6 x 30sec quick pace/ 90sec usual pace	Run 30 min	Rest or gym	Run 30 min	Rest or gym	9
9	Rest or gym	6 x 45sec quick pace/ 90sec usual pace	Run 35 min	Rest or gym	Run 35 min	Rest or gym	9 (include hills)
10	Rest or gym	6 x 60sec quick pace/ 90sec usual pace	Run 30 min	Rest or gym	Run 30 min	Rest or gym	10