

GET YOU ROUND 10k schedule.

The sessions can be done in any order and on any day, however try and give yourself a days rest between the sessions. It is always advisable to do mobility before you go out, please see youtube button on runyourpb website

Week 1

5min walk warm up (w/u) - 7x1min run/1min walk – 5min walk cool down (c/d)

5min walk warm up – 10x1min run/1min walk – 5 min walk cool down

5min walk warm up – 6x2min run/1min walk – 5 min walk cool down

Week 2

5min walk w/u – 4x3 min run/1min walk – 5 min walk c/d

5 min walk w/u – 4/x4min run/1min walk – 5 min walk c/d

5 min walk w/u – 15min jog – 5 min walk c/d

Week 3

5 min walk w/u – 10min jog – 5 min walk c/d

5 min walk w/u – 15min jog – 5 min walk c/d

5 min walk w/u – 18min jog – 5 min c/d

Week 4

5 min walk w/u – 15 min jog – 5 min walk c/d

20min jog

25 min jog

Week 5

5 min walk w/u – 10x2min run/1min walk – 5 min walk c/d

25 min jog

30 min jog

Week 6

5 min walk w/u – 20 min jog – 5 min walk c/d

30 min jog

30 min jog

40 min jog

Week 7

25 min jog

30 min jog

30 min jog

50 min jog

Week 8

30 min jog

40 min jog

25 min jog

60 min jog

Week 9

30 min jog

40 min jog

20 min jog

60 min jog

Week10

Mon – 25min jog

Wed – 25 min jog

Fri – 20 min jog

SUNDAY – MADDOG 10K - BEST OF LUCK