

13 Weeks to 10k Program

Always walk for 5 minutes slow and easy to warm up before each session and again to cool down after each session. Don't worry this is included in your session times.

Week 1

Session 1 - 34 min. Run 1 minute. Walk 2 minutes. Do this 8 times.

Session 2 - 28 min. Run 1 minute. Walk 2 minutes. Do this 6 times.

Session 3 - 31 min. Run 1 minute. Walk 2 minutes. Do this 7 times.

Week 2

Session 1 - 38 min. Run 2 minutes. Walk 2 minutes. Do this 7 times.

Session 2 - 31 min. Run 1 minute. Walk 2 minutes. Do this 7 times.

Session 3 - 34 min. Run 2 minutes. Walk 2 minutes. Do this 6 times.

Week 3

Session 1 - 45 min. Run 3 minutes. Walk 2 minutes. Do this 7 times.

Session 2 - 34 min. Run 2 minutes. Walk 2 minutes. Do this 6 times.

Session 3 - 40 min. Run 3 minutes. Walk 2 minutes. Do this 6 times.

Week 4 - Recovery week

Session 1 - 40 min. Run 3 minutes. Walk 2 minutes. Do this 6 times.

Session 2 - 30 min. Run 2 minutes. Walk 2 minutes. Do this 5 times.

Session 3 - 40 min. Run 2 minutes. Walk 3 minutes. Do this 6 times.

Week 5

Session 1 - 46 min. Run 3 minutes. Walk 1 minute. Do this 9 times.

Session 2 - 34 min. Run 2 minutes. Walk 1 minute. Do this 8 times.

Session 3 - 42 min. Run 3 minutes. Walk 1 minute. Do this 8 times.

Week 6

Session 1 - 52 min. Run 5 minutes. Walk 1 minute. Do this 7 times.

Session 2 - 38 min. Run 3 minutes. Walk 1 minute. Do this 7 times.

Session 3 - 50 min. Run 3 minutes. Walk 1 minute. Do this 10 times.

Week 7

Session 1 - 54 min. Run 10 minutes. Walk 1 minute. Do this 4 times.

Session 2 - 40 min. Run 4 minutes. Walk 1 minute. Do this 6 times.

Session 3 - 52 min. Run 5 minutes. Walk 1 minute. Do this 7 times.

Week 8 - Recovery week

Session 1 - 54 min. Run 10 minutes. Walk 1 minute. Do this 4 times.

Session 2 - 38 min. Run 3 minutes. Walk 1 minute. Do this 7 times.

Session 3 - 46 min. Run 5 minutes. Walk 1 minute. Do this 6 times.

Week 9

Session 1 - 68 min. Run 10 minutes/walk 1 minute; Run 15 minutes/walk 1 minute.
Run 20 minutes/walk 1 minute. Run 10 minutes.

Session 2 - 46 min. Run 5 minutes. Walk 1 minute. Do this 6 times.

Session 3 - 54 min. Run 10 minutes. Walk 1 minute. Do this 4 times.

Week 10

Session 1 - 72 min. Run 10 minutes/walk 1 minute. Run 20 minutes/walk 1 minute. Run 30 minutes.

Session 2 - 54 min. Run 10 minutes. Walk 1 minute. Do this 4 times.

Session 3 - 57 min. Run 20 minutes/walk 1 minute. Run 15 minutes/walk 1 minute. Run 10 minutes.

Week 11

Session 1 - 71 min. Run 40 minutes. Walk 1 minute. Run 20 minutes.

Session 2 - 54 min. Run 10 minutes. Walk 1 minute. Do this 4 times.

Session 3 - 57 min. Run 20 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes.

Week 12 - Recovery week

Session 1 - 60 min. Run 50 minutes.

Session 2 - 43 min. Run 10 minutes. Walk 1 minute. Do this 3 times.

Session 3 - 52 min. Run 15 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes.

Week 13 - Race week!

Session 1 - 50 min. Run 40 minutes.

Session 2 - 43 min. Run 10 minutes. Walk 1 minute. Do this 3 times.

Session 3 - Event Day 10K