



10K TRAINING PLAN

This plan is a guide only, feel free to adapt it to suit your ability and the time you have for running. Remember to get lots of rest in between your running sessions, and keep hydrated and fuelled with food.

If you're aiming for a specific time in your run, or you really want to push yourself, it's a good idea to follow a training plan. However, we encourage everyone to Run with the Ancestors, whether you run, jog or walk it!

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WEEK	SESSION 1	SESSION 2	SESSION 3
1	30 min alternately walking and running TAKE IT EASY <input checked="" type="checkbox"/>	30 min alternately walking and running TAKE IT EASY <input checked="" type="checkbox"/>	3k run/walk MODERATE EFFORT <input checked="" type="checkbox"/>
2	10 min run, 1–2 min walk, repeat 3 times TAKE IT EASY <input checked="" type="checkbox"/>	10 min run, 1–2 min walk, repeat 3 times TAKE IT EASY <input checked="" type="checkbox"/>	5k run/walk MODERATE EFFORT <input checked="" type="checkbox"/>
3	15 min run, 1–2 min walk – repeat 3 times TAKE IT EASY <input checked="" type="checkbox"/>	15 min run, 1–2 min walk – repeat 3 times TAKE IT EASY <input checked="" type="checkbox"/>	5k continuous run MODERATE EFFORT <input checked="" type="checkbox"/>
4	30 min run TAKE IT EASY <input checked="" type="checkbox"/>	3k run – try to push the pace! PUSH YOURSELF HARD <input checked="" type="checkbox"/>	45 min run MODERATE EFFORT <input checked="" type="checkbox"/>
5	30 min run TAKE IT EASY <input checked="" type="checkbox"/>	40 min run MODERATE EFFORT <input checked="" type="checkbox"/>	6k run PUSH YOURSELF HARD <input checked="" type="checkbox"/>
6	30 min run MODERATE EFFORT <input checked="" type="checkbox"/>	40 min run MODERATE EFFORT <input checked="" type="checkbox"/>	8k run MODERATE EFFORT <input checked="" type="checkbox"/>
7	45 min run MODERATE EFFORT <input checked="" type="checkbox"/>	45 min run MODERATE EFFORT <input checked="" type="checkbox"/>	5k run @ fast pace PUSH YOURSELF HARD <input checked="" type="checkbox"/>
8	30 min run TAKE IT EASY <input checked="" type="checkbox"/>	20 min run TAKE IT EASY <input checked="" type="checkbox"/>	RUN WITH THE ANCESTORS PUSH YOURSELF HARD