

Challenging Events: 30mins to 10K plan

Before you start the plan, you should always check with your doctor that you are well enough to start doing the plan. We accept no liability for injury - you are following this plan at your own risk.

The plan is time and distance based - one run a week is distance based, everything else is time based. When you are exercising make sure that you can hold a conversation - this is also a hint to find someone to run with!

You will be exercising 6 days a week - however you will only be running for 3 of them. The other three days you will need to find an exercise that keeps your heart rate up for 30-40 minutes. This can be brisk walking, swimming, rowing or cycling - anything but running. We have put them down as “walk” days.



Week 1

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 20-25 min		Run 20-25 min			2 miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 2

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 20-25 min		Run 20-25 min			2.5 miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 3

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 25-30 min		Run 25-30 min			3 miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 4

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 25-30 min		Run 25-30 min			4 miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 5

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 30-35 min		Run 30-35 min			4.5 miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 6

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 30-35 min		Run 30-35 min			5 miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 7

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 35-40 min		Run 35-40 min			5.5 miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 8

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 35-40 min		Run 35-40 min			6 miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 9

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 40-45 min		Run 40-45 min			6.5miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 9

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 40-45 min		Run 40-45 min			7miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 9

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 40-45 min		Run 40-45 min			6.5miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 9

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 40-45 min		Run 40-45 min			6 miles
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking

Week 13

Day A	Day B	Day C	Day D	Day E	Day F	Day G
Walking	5-minute brisk walking	Walking	5-minute brisk walking	Walking	Day Off	5-minute brisk walking
	Run 40-45 min		Run 40-45 min			10K Race
	5-minute brisk walking		5-minute brisk walking			5-minute brisk walking