

Believe in children



Barnardo's

10km training programme

Week 1	
Sunday	30 mins walk/jog
Monday	Rest
Tuesday	15 mins walk/jog
Wednesday	Rest
Thursday	15 mins walk/jog
Friday	Rest
Saturday	15 mins walk/jog
Training Objective:	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.

Week 2	
Sunday	40 mins walk/jog
Monday	Rest
Tuesday	15 mins walk/jog
Wednesday	Rest
Thursday	15 mins walk/jog
Friday	Rest
Saturday	15 mins walk/jog
Training Objective:	As week 1

Week 3	
Sunday	50 mins walk/jog
Monday	Rest
Tuesday	20 mins jog
Wednesday	Rest
Thursday	20 mins jog
Friday	Rest
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each
Training Objective:	Starting to run short distances continuously

Week 4	
Sunday	60 mins jog/walk
Monday	Rest
Tuesday	25 mins easy
Wednesday	Rest
Thursday	25 mins easy
Friday	Rest
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each
Training Objective:	Gradually increasing time of the feet – a mental strategy or run 5 mins/walk 1 min for the long run will help you get through 60 mins.

Week 5	
Sunday	75 mins run/walk
Monday	Rest
Tuesday	35 mins easy
Wednesday	Rest
Thursday	35 mins easy
Friday	Rest
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each
Training Objective:	15 mins added to the long run – using the 5 min run/ 1 min walk strategy

Week 6	
Sunday	75 mins run/walk
Monday	Rest
Tuesday	40 mins easy
Wednesday	Rest
Thursday	40 mins easy
Friday	Rest
Saturday	10 x 1 min running up shallow hill – walk back down recovery
Training Objective:	Consolidation week – slight increase in the midweek runs

Week 7	
Sunday	75 mins run/walk
Monday	Rest
Tuesday	45 mins steady
Wednesday	Rest
Thursday	60 mins steady
Friday	Rest
Saturday	10 x 1 min running up shallow hill – walk back down recovery
Training Objective:	The long runs are going to start to get you tired – refuelling after the Sunday run & mid week hour run is essential – it's tough but it will start to build the endurance you'll need for the race.

Week 8	
Sunday	45 mins run/walk
Monday	Rest
Tuesday	45 mins run
Wednesday	Rest
Thursday	20 mins easy
Friday	20 mins easy
Saturday	Rest
Training Objective:	Taper down for race
Sunday	10km Race Day

Designed by 1983 London Marathon winner Mike Gratton www.209events.com

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