



Booth Centre 10K TRAINING PLAN

WEEK 1

| M | T | W | T | F | S | S |
|-------------|---|-------------|---|-------------------|-------------|---|
| Rest | Run/Walk Interval 15x (Walk 1 min, Run 1 min) | Rest | Run/Walk Interval 15x (Walk 1 min, Run 1 min) | 30:00 Walk | Rest | Run/Walk Interval 20x (Walk 1 min, Run 1 min) |

WEEK 2

| M | T | W | T | F | S | S |
|-------------|---|-------------|---|-------------------|-------------|---|
| Rest | Run/Walk Interval 10x (Walk 1 min, Run 2 min) | Rest | Run/Walk Interval 10x (Walk 1 min, Run 2 min) | 35:00 Walk | Rest | Run/Walk Interval 12x (Walk 1 min, Run 2 min) |

WEEK 3

| M | T | W | T | F | S | S |
|-------------|--|-------------|--|-------------------|-------------|---|
| Rest | Run/Walk Interval 8x (Walk 1 min, Run 3 min) | Rest | Run/Walk Interval 8x (Walk 1 min, Run 3 min) | 40:00 Walk | Rest | Run/Walk Interval 11x (Walk 1 min, Run 3 min) |

WEEK 4

| M | T | W | T | F | S | S |
|-------------|--|-------------|--|-------------------|-------------|------------------------------|
| Rest | Run/Walk Interval 8x (Walk 1 min, Run 4 min) | Rest | Run/Walk Interval 8x (Walk 1 min, Run 4 min) | 45:00 Walk | Rest | RUN 2.5 miles easy |



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WEEK 5

| M | T | W | T | F | S | S |
|-------------|---------------------|-------------|---------------------|----------------------|-------------|---------------------------------|
| Rest | RUN 30:00 | Rest | RUN 30:00 | 50:00 Walk | Rest | RUN 3.5 miles easy |

WEEK 6

| M | T | W | T | F | S | S |
|-------------|---------------------|-------------|---------------------|----------------------|-------------|-------------------------------|
| Rest | RUN 35:00 | Rest | RUN 35:00 | 55:00 Walk | Rest | RUN 4 miles easy |

WEEK 7

| M | T | W | T | F | S | S |
|-------------|---------------------|-------------|---------------------|------------------------|-------------|-------------------------------|
| Rest | RUN 40:00 | Rest | RUN 40:00 | 1:00:00 Walk | Rest | RUN 5 miles easy |

WEEK 8

| M | T | W | T | F | S | S |
|-------------|---------------------|-------------|---------------------|----------------------|-------------|-----------------------------|
| Rest | RUN 35:00 | Rest | RUN 35:00 | 30:00 Walk | Rest | RUN YOUR 10 K! |