

SUN RUN TRAINING SCHEDULE TO RUN 10KM

Don't forget to warm up and stretch before running and cool down and stretch afterwards!

Week 1	Session 1 35 min.	Run 30 s. Walk four min. & 30 s. Do this 7 X.
	Session 2 30 min	Run 30 s. Walk four min. & 30 s. Do this 8 X.
	Session 3 40 min.	Run 30 s. Walk four min. & 30 s. Do this 8 X.
Week 2	Session 1 45 min.	Run one minute. Walk four min. Do this 9 X.
	Session 2 40 min.	Run one minute. Walk four min. Do this 8 X.
	Session 3 40 min.	Run one minute. Walk four min. Do this 8 X.
Week 3	Session 1 50 min.	Run one minute & 30 s. Walk three min. & 30 s. Do 10 X.
	Session 2 40 min.	Run one minute & 30 s. Walk three min. & 30 s. Do 8 X.
	Session 3 50 min.	Run one minute & 30 s. Walk three min. & 30 s. Do 10 X.
Week 4	Session 1 55 min.	Run two min.. Walk three min.. Do this 11 X.
	Session 2 45 min.	Run two min.. Walk three min.. Do this 9 X.
	Session 3 50 min.	Run two min.. Walk three min.. Do this 10 X.
Week 5	Session 1 60 min.	Run two min. & 30 s. Walk two min. & 30 s. Do 12 X
	Session 2 50 min.	Run two min. & 30 s. Walk two min. & 30 s. Do 10 X
	Session 3 50 min.	Run two min. & 30 s. Walk two min. & 30 s. Do 10 X
Week 6	Session 1 65 min.	Run three min.. Walk two min.. Do this 13 X.
	Session 2 50 min.	Run three min.. Walk two min.. Do this 10 X.
	Session 3 55 min.	Run three min.. Walk two min.. Do this 11 X.
Week 7	Session 1 60 min.	Run four min.. Walk two min.. Do this 10 X.
	Session 2 54 min.	Run four min.. Walk two min.. Do this 9 X.
	Session 3 54 min.	Run four min.. Walk two min.. Do this 9 X.

Week 8	Session 1 60 min.	Run five min.. Walk one minute. Do this 10 X.
	Session 2 48 min.	Run five min.. Walk one minute. Do this 8 X.
	Session 3 54 min.	Run five min.. Walk one minute. Do this 9 X.
Week 9	Session 1 63min.	Run seven min.. Walk two min.. Do this 7 X.
	Session 2 54 min.	Run seven min.. Walk two min.. Do this 6 X.
	Session 3 50 min	Run eight min.. Walk two min.. Do this 5 X.
Week 10	Session 1 44 min.	Run 10 min.. Walk 1 minute. Do this 4 X.
	Session 2 41 min.	Run 20 min.. Walk 1 minute. Run 20 min..
	Session 3 45 min.	Run 22 Min.. Walk 1 minute. Run 22 min..
Week 11	Session 1 51 min.	Run 25 Min.. Walk 1 minute. Run 25 min..
	Session 2 56 min.	Run 30 min.. Walk 1 minute. Run 25 min..
	Session 3 51 min.	Run 40 min.. Walk 1 minute. Run 10 min..
Week 12	Session 1 66 min.	Run 45 min.. Walk 1 minute. Run 20 min..
	Session 2 66min.	Run 50 min.. Walk 1 minute. Run 15 min..
	Session 3 45min.	Run 45 min..
Week 13	Session 1 50min.	Run 50 min.
	Session 2 40min.	Run 40 min.
	Session 3	Sun Run. See you at the finish line!