UNIVERSITY OF BRISTOL RUN SERIES

10K CHALLENGER
6-WEEK TRAINING PLAN
INTRODUCTION
This 6-week training plan is suitable for individuals with have an intermediate level of running experience (for example, have completed the couch-to-5k programme) and want to improve their running fitness in a safe and sustainable way.

The plan consists of 3 to 4 runs per week. We recommend starting at week 1 for this programme and following each session as detailed in the plan. You can repeat weeks if you feel you need to.

REST DAYS
Rest days are important, so make sure to give enough recovery time to your joints and muscles between training sessions. We recommend not running for more than two consecutive days. Gentle walks and yoga are good complementary activities you could consider for your rest days.

Example training schedule:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>RUN</td>
<td>REST</td>
<td>RUN</td>
<td>(RUN)</td>
<td>REST</td>
<td>RUN</td>
<td>REST</td>
</tr>
</tbody>
</table>

WARM-UP AND COOL-DOWN
Make sure to warm-up and cool-down adequately before and after each session. Warm-up and cool-down routines should include both dynamic movements and stretches.
Aches and pains? The University Sports Medicine Clinic offers free virtual 'open clinic' consultations, during which you can get advice from one of our clinicians. To book an open clinic appointment email the clinic team seh-sportsmedicineclinic@bristol.ac.uk

ASK THE GYM TEAM!

Our fitness team are offering advice to our community via email. If you are having trouble with a particular exercise, or are looking for advice on workouts that will complement your running plan, email the gym team grp-gymteam@groups.bristol.ac.uk

ACTIVE ONLINE CLASSES

Active Online is a timetable of virtual fitness classes which are streamed live, for free, via the University of Bristol Sport app. There are a range of classes available, including low intensity sessions perfect for your active rest days! Download the app to join a class.

Share your progress on social media @bristolunisport
SUPPORTING INFORMATION

WEEK 1
Take it steady and give yourself a nice gradual introduction to your training plan. Think of jogging pace as a conversational pace. Give your body time to adapt to this new challenge of getting ready for a 10k in just 6 weeks.

WEEK 2
You're underway! Remember if you are new to running or returning after a break, it's all too easy to over-stress your body and risk injury or loss of motivation. Keep it fun and you'll reap the benefits. Week 2 ends with 30 minutes of running, so stick with it.

WEEK 3
This training block increases your jogging intervals, with short walking breaks. You are progressing nicely and should be starting to feel like your 10k is in sight. If it feels okay you can pick up the pace of your jogging. This new 'steady' pace is slightly quicker than your 'conversational' pace, so get used to switching between the two.

WEEK 4
Well done - you are now halfway through your training schedule. As you are feeling fitter you should be able to run faster, for longer, more comfortably. Even still, remember to keep to 'jog pace' when instructed and run slightly faster when your steady pace is required.

WEEK 5
This week, your fitness should be coming along nicely and you should be growing in confidence at the thought of tackling your 10k! Remember that it's better to complete your runs (and the event itself) at a pace you'll enjoy - so don't push yourself too hard.

WEEK 6
The week you've been waiting for has arrived! The 6 week plan has hopefully been fun to complete and made you feel much fitter in your running. This week is about keeping gentle movement going, and you're almost ready for your 10k event.
# 10K Training Plan

## 6-Week Programme

### Week 1

**RUN 1**
- 3 x [2 minutes walk, 5 minutes jog]

**RUN 2**
- 4 x [2 minutes walk, 4 minutes jog]

**RUN 3**
- 15 minutes [mix periods of running with walking]

**RUN 4**
- 4 x [2 minutes walk, 4 minutes jog]

### Week 2

**RUN 1**
- 3 x [2 minutes walk, 8 minutes jog]

**RUN 2**
- 3 x [2 minutes walk, 10 minutes jog]

**RUN 3**
- 20 minutes jog, 2 minutes walk, 10 minutes jog.

**RUN 4**
- REST

### Week 3

**RUN 1**
- 2 x [12 minutes steady run, 3 minutes walk]

**RUN 2**
- 2 x [2 minutes walk, 15 minutes jog]

**RUN 3**
- 2 minutes walk, 20 minutes steady run, 2 minutes walk, 15 minutes jog.

**RUN 4**
- REST

### Week 4

**RUN 1**
- 20 minutes jog, 2 minutes walk, 20 minutes jog.

**RUN 2**
- 3 x [2 minutes walk, 8 minutes steady run]

**RUN 3**
- 15 minutes easy running

**RUN 4**
- 35 minutes jog, 5 minutes walk
## 10K Training Plan
### 6-Week Programme

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Week 6</th>
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</thead>
<tbody>
<tr>
<td><strong>RUN 1</strong></td>
<td><strong>RUN 1</strong></td>
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<tr>
<td>10 minutes steady run, 3 minutes walk</td>
<td>30 minutes jog</td>
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<td><strong>RUN 2</strong></td>
<td><strong>RUN 2</strong></td>
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<tr>
<td>25 minutes jog, 5 minutes walk, 10 minutes steady run.</td>
<td>20 minutes jog, 5 minutes walk, 10 minutes jog.</td>
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<tr>
<td><strong>RUN 3</strong></td>
<td><strong>RUN 3</strong></td>
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<tr>
<td>40 minutes jog, 5 minutes walk.</td>
<td>REST</td>
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<tr>
<td><strong>RUN 4</strong></td>
<td><strong>EVENT DAY</strong></td>
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<tr>
<td>REST</td>
<td>GOOD LUCK!</td>
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</tbody>
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**Don't forget to join us on Strava**

Search for our 'University of Bristol Sport' Club

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[bristol.ac.uk/sport](bristol.ac.uk/sport)  
[@bristolunisport](https://twitter.com/bristolunisport)
# PROGRESS TRACKER

Use this tracker to check-off your runs as you complete them! Celebrating each small win can help keep us motivated towards our goal.

How are you feeling about your upcoming challenge?

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Run 1</th>
<th>Run 2</th>
<th>Run 3</th>
<th>Run 4</th>
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<td>Week 6</td>
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Good luck! #BristolUniRun