

SportRec@Home

First 4 Weeks - 10 km Training



Please feel free to modify these times and intensities for your own need. Expect for up to 90 minutes of activity if you are walk / jogging the 10 km event.

WEEK 1

Session 1

20 minute walk:
light jog for 20-30 seconds
whenever you want during the walk

Session 2

20 minute walk:
light jog for 20-30 seconds
every 3 minutes

Session 3

25 minute walk:
light jog for 20-30 seconds
whenever you want during the walk

WEEK 2

Session 1

20 minute walk:
light jog for 20-30 seconds
every 3 minutes

Session 2

25 minute walk:
light jog for 20-30 seconds
every 3 minutes

Session 3

30 minute walk:
light jog for 20-30 seconds
whenever you want during the walk

WEEK 3

Session 1

25 minute walk:
light jog for 20-30 seconds
every 3 minutes

Session 2

30 minute walk:
light jog for 20-30 seconds
whenever you want during the walk

Session 3

35 minute walk:
light jog for 60 seconds
at least 3 times during the walk

WEEK 4

Session 1

30 minute walk:
light jog for 20-30 seconds
every 3 minutes

Session 2

35 minute walk:
light jog for 20-30 seconds
whenever you want during the walk

Session 3

40 minute walk:
light jog for 30 seconds
at least 4 times during the walk

Download our [Stretching Guide](#) to accompany this running plan!