

# SportRec@Home

## Weeks 4 - 8: 10 km Training



*It is recommended to reduce training intensity 3-5 days prior to your race day. This will allow the body enough recovery from training for optimal performance on race day. Race day is your final distance progression.*

### WEEK 5

#### Session 1

##### **30 minute walk:**

Intensity is reduced this week due to the faster rate of duration increase

#### Session 2

##### **40 minute walk:**

Intensity is reduced this week due to the faster rate of duration increase

#### Session 3

##### **55 minute walk:**

Intensity is reduced this week due to the faster rate of duration increase

### WEEK 6

#### Session 1

##### **40 minute walk:**

light jog for 20-30 seconds every 5-10 minutes

#### Session 2

##### **25 minute walk:**

light jog for 20-30 seconds every 3 minutes

#### Session 3

##### **65 minute walk:**

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

### WEEK 7

#### Session 1

##### **50 minute walk:**

light jog for 20-30 seconds every 5-10 minutes

#### Session 2

##### **25 minute walk:**

light jog for 20-30 seconds every 3 minutes

#### Session 3

##### **75 minute walk:**

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

### WEEK 8

#### Session 1

##### **60 minute walk:**

light jog for 20-30 seconds every 5-10 minutes

#### Session 2

##### **25 minute walk:**

light jog for 20-30 seconds every 3 minutes

#### Session 3

##### **85 minute walk:**

First 5 minutes is a nice warm up walk. Increase / decrease pace as needed

**Take at least 2 days off of training before your race**  
Download our [Stretching Guide](#) to accompany this running plan!

**Race day will be as long as it takes you to complete 10km.**  
**Roughly 90 minutes - possibly 2 hours if walking the entire time.**