

Women's Running
RACE SERIES
 10K | 5K | MILE

ZERO TO 10K HERO PLAN

FOR THOSE WHO'VE DONE SOME RUNNING BUT NEVER COMPLETED 10K BEFORE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---|---------|--|---------------------------------|--|---|---------------------------------|
| WEEK 1 | Walk 10mins, then do 2mins run/1min walk x 5. Walk 5mins | REST | Walk for 10mins. Do 2mins run, 1min walk x2, then run for 5mins at an effort level of 6-7/10. Walk for 10mins. | REST Or 20mins stretching | Cross-train: 30mins cycling, swimming or strength training | Run 20-25 minutes, effort level 4-5/10; walk when you need to. | REST Or 20mins stretching |
| WEEK 2 | Walk 10mins, then do 3mins run/1min walk x 4. Walk 5mins | REST | Walk for 10mins. Do 2mins run, 1min walk x 2, then run for 7mins at an effort level of 6-7/10. Walk for 10mins. | REST Or 20mins stretching | Cross train: 30mins cycling, swimming or strength training | Run 25-30 minutes, effort level 4-5/10; walk when you need to. | REST Or 20mins stretching |
| WEEK 3 | Walk 10mins, then do 4mins run/1min walk x 3. Walk 5mins | REST | Walk for 10mins. Do 2mins run, 1min walk x 2, then run for 10mins at an effort level of 6-7/10. Walk for 10mins. | REST Or 20mins stretching | Cross train: 30mins cycling, swimming or strength training | Run 30-35 minutes, effort level 4-5/10; walk when you need to. Or Run parkrun | REST Or 20mins stretching |
| WEEK 4 | Walk 10mins, then do 2mins run/1min walk x 5 – increase the effort of your run sections as you go through, up 8/10. Walk 5mins | REST | Walk for 10mins. Run for as long as you can (up to 20 minutes) at an effort level of 6-7/10. Walk for 10mins. | REST Or 20mins stretching | Cross train: 30mins cycling, swimming or strength training | Run 40-45 minutes, effort level 4-5/10; walk when you need to. Or Run parkrun | REST Or 20mins stretching |
| WEEK 5 | Walk 10mins, then do 3mins run/1min walk x 3 – increase the effort of your run sections as you go through, up to 8/10. Walk 5mins | REST | Walk for 10mins. Run for as long as you can (up to 20 minutes) at an effort level of 6-7/10. Walk for 10mins. | REST Or 20mins stretching | Cross train: 30mins cycling, swimming or strength training | Run 50-55 minutes, effort level 4-5/10; walk when you need to. | REST Or 20mins stretching |
| WEEK 6 | Walk 10mins, then do 2mins run/1min walk x 5 – or, if you're comfortable, run for 25mins at a steady pace. Walk 5mins | REST | Walk 10mins, then do 2mins run/1min walk x 5 – or if you're comfortable, run for 25mins at a steady pace. Walk 5mins | REST Or 20mins stretching | Cross train: 30mins cycling, swimming or strength training | REST | RACE 10K |