

LearnToRun10K Program

So you've decided you'd like to LearnToRun10K. If you've never run before, or if you've not done any running for 3 months or longer, then this is the program for you. You'll notice the gradual progression in which the walking time decreases as the running time slowly increases, so that by the end of 13 weeks you will be prepared to choose to either Run/Walk 10K or Run10K. This carefully tested exercise plan involves three training sessions each week, ranging in length from 28 minutes to 76 minutes. A sports watch can help you time the run/walk segments of your sessions.

There is great flexibility in this program in that if you discover you are most comfortable with a combination of walking and running, and decide not to progress to running only, you can choose the Run/Walk Option after 6 weeks.

The most important thing to remember is that speed at this stage is irrelevant. Your "run" portion should be a very slow jog, always at a comfortable talking pace, (i.e. you should feel as though you could briskly walk as fast as you are running,) and be able to carry on a conversation, 2 or 3 sentences at a time, without losing your breath. If you find the pace is too slow, be patient and resist the temptation to skip ahead. You won't increase your fitness ... just your risk of injury.

Week 1

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| Session 1 34 min. | Warm-up: Walk slow & easy 5 minutes Run 1 minute. Walk 2 minutes. Do this 8 times. Cool-down: Walk slow & easy 5 minutes |
| Session 2 28 min. | Warm-up: Walk slow & easy 5 minutes Run 1 minute. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes |
| Session 3 31 min. | Warm-up: Walk slow & easy 5 minutes Run 1 minute. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes |

Week 2

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| Session 1 38 min. | Warm-up: Walk slow & easy 5 minutes Run 2 minutes. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes |
| Session 2 31 min. | Warm-up: Walk slow & easy 5 minutes Run 1 minute. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes |
| Session 3 34 min. | Warm-up: Walk slow & easy 5 minutes Run 2 minute. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes |

Week 3

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| Session 1 45 min. | Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes |
| Session 2 34 min. | Warm-up: Walk slow & easy 5 minutes Run 2 minutes. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 40 min. | Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |

Week 4 EASY RECOVERY WEEK

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| Session 1 40 min. | Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 30 min. | Warm-up: Walk slow & easy 5 minutes. Run 2 minutes. Walk 2 minutes. Do this 5 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 40 min. | Warm-up: Walk slow & easy 5 minutes. Run 2 minutes. Walk 3 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |

Week 5

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| Session 1 46 min. | Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 9 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 34 min. | Warm-up: Walk slow & easy 5 minutes. Run 2 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 42 min. | Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes. |

Week 6

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| Session 1 52 min. | Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 38 min. | Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 50 min. | Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 10 times. Cool-down: Walk slow & easy 5 minutes. |

Week 7

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| Session 1 54 min. or 5K distance | Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times or repeat pattern over the 5K distance. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 40 min. | Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 52 min. | Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes. |

**Run/Walk
Option:**

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| Session 1 52 min. or 5K distance | Warm-up: Walk slow & easy 5 minutes. Run 6 minutes. Walk 1 minute. Do this 6 times or repeat pattern over the 5K distance. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 40 min. | Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 50 min. | Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes. |

**Week 8
*EASY RECOVERY
WEEK**

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| Session 1 54 min. | Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 38 min. | Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 46 min. | Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |

**Run/Walk
Option:**

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| Session 1 52 min. | Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 38 min. | Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 46 min. | Warm-up: Walk slow & easy 5 minutes. Run 2 minutes. Walk 1 minute. Do this 12 times. Cool-down: Walk slow & easy 5 minutes. |

Week 9

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| Session 1 68 min. | Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 20 minutes. Walk 1 minute. Run 10 minutes. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 46 min. | Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 54 min. | Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes. |

Run/Walk Option:

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| Session 1 66 min. | Warm-up: Walk slow & easy 5 minutes. Run 6 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 45 min. | Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 55 min. | Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 9 times. Cool-down: Walk slow & easy 5 minutes. |

Week 10

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| Session 1 72 min. | Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Run 20 minutes. Walk 1 minute. Run 30 minutes. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 54 min. | Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 57 min. | Warm-up: Walk slow & easy 5 minutes. Run 20 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes. Cool-down: Walk slow & easy 5 minutes. |

Run/Walk Option:

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| Session 1 73 min. | Warm-up: Walk slow & easy 5 minutes. Run 8 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 55 min. | Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 9 times. Cool-down: Walk slow & easy 5 minutes. |

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| Session 3 58 min. | Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes. |
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Week 11

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| Session 1 71 min. | Warm-up: Walk slow & easy 5 minutes. Run 40 minutes. Walk 1 minute. Run 20 minutes. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 54 min. | Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 57 min. | Warm-up: Walk slow & easy 5 minutes. Run 20 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes. Cool-down: Walk slow & easy 5 minutes. |

Run/Walk Option:

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| Session 1 76 min. | Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 55 min. | Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 9 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 58 min. | Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes. |

Week 12 *EASY VOLUME WEEK

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| Session 1 60 min. | Warm-up: Walk slow & easy 5 minutes. Run 50 minutes. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 43 min. | Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 3 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 3 52 min. | Warm-up: Walk slow & easy 5 minutes. Run 15 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes. Cool-down: Walk slow & easy 5 minutes. |

Run/Walk Option:

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| Session 1 64 min. | Warm-up: Walk slow & easy 5 minutes. Run 8 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes. |
| Session 2 40 min. | Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 6 times. |

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| | Cool-down: Walk slow & easy 5 minutes. |
| Session 3 52 min. | Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes. |

Week 13

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| Session 1 50 min. | Warm-up: Walk slow & easy 5 minutes Run 40 minutes. Cool-down: Walk slow & easy 5 minutes |
| Session 2 43 min. | Warm-up: Walk slow & easy 5 minutes Run 10 minutes. Walk 1 minute. Do this 3 times. Cool-down: Walk slow & easy 5 minutes |
| Session 3 | Event Day 10K: Run as you feel, have fun, and take care not to start out too quickly for yourself. Congratulations! |