12 week - Couch to 10k Training Plan
Beginner
INTRODUCTION
This 12-week training plan is perfect for anyone new to running, or returning to running after taking a break. Like our couch to 5k training plans the run | walk method gradually allows your body to adapt running.

The plan consists of 3 runs per week, and is designed to gradually build up your running fitness to a point where you can run for 30 minutes without stopping. Run 3 is usually the longest each week throughout the programme ... maybe one for the weekend?

Like all of the plans, you can start at Week 1 or jump to the week that suits your current ability. You can also repeat weeks if you feel you need to or switch the jogs to brisk walks.

Only start the Couch to 10K if you can walk comfortably for 60 minutes, if not; build up your walking and then start the programme.

REST DAYS
Rest days are important, so make sure to leave at least one full day in between each run in the plan. This allows for your joints and muscles to recover. Gentle walks and yoga are good complementary 'active rest' activities you could consider for these days.

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.

A warm up - the brisk walk - is included in all run sessions, but it is also important to finish each run with a cool-down activity. Stretching before and after each run is recommended.

Disclaimer: This training plan is a guideline only of recommended training sessions, and should not replace advice from your healthcare provider. If you are new to regular exercise, or returning to exercise after a break, please seek advice from a healthcare professional before commencing the programme. Participants use this training plan at their own risk. Training plans have been provided by The Great Run Company for use by the University of Bristol.
Don't forget to join us on Strava!

Search for our 'University of Bristol Sport' Club

For more information and support please visit our website: https://www.bristol.ac.uk/sport/events/run-series/support-hub/
Sports Medicine Clinic

Aches and pains? The University Sports Medicine Clinic offers free 10-minute 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 contact us.

Ask the gym team!

Our fitness team are offering advice to our community via email or in-person. If you are having trouble with a particular exercise, or are looking for advice on workouts that will complement your running plan, contact us.
## 10k training plan
### 12-WEEK PROGRAMME

### One
- **Week 1**
  - **Warm up:**
    - 5 minutes Brisk walk
  - **RUN 1**:
    - 24 minutes
    - **Jog** - 1 minute
    - **Walk** - 2 minutes
    - [repeat x8]
  - **RUN 2**:
    - 18 minutes
    - **Jog** - 1 minute
    - **Walk** - 2 minutes
    - [repeat x6]
  - **RUN 3**:
    - 30 minutes
    - **Jog** - 1 minute
    - **Walk** - 2 minutes
    - [repeat x10]

### Two
- **Week 2**
  - **Warm up:**
    - 5 minutes Brisk walk
  - **RUN 1**:
    - 28 minutes
    - **Jog** - 2 minutes
    - **Walk** - 2 minutes
    - [repeat x7]
  - **RUN 2**:
    - 24 minutes
    - **Jog** - 2 minutes
    - **Walk** - 2 minutes
    - [repeat x6]
  - **RUN 3**:
    - 32 minutes
    - **Jog** - 2 minutes
    - **Walk** - 2 minutes
    - [repeat x8]

### Three
- **Week 3**
  - **Warm up:**
    - 5 minutes Brisk walk
  - **RUN 2**:
    - 30 minutes
    - **Jog** - 3 minutes
    - **Walk** - 2 minutes
    - [repeat x6]
  - **RUN 3**:
    - 25 minutes
    - **Jog** - 3 minutes
    - **Walk** - 2 minutes
    - [repeat x5]
  - **RUN 4**:
    - 40 minutes
    - **Jog** - 3 minutes
    - **Walk** - 2 minutes
    - [repeat x8]

### Four
- **Week 4**
  - **Warm up:**
    - 5 minutes Brisk walk
  - **RUN 1**:
    - 32 minutes
    - **Jog** - 5 minutes
    - **Walk** - 3 minutes
    - [repeat x4]
  - **RUN 2**:
    - 21 minutes
    - **Jog** - 5 minutes
    - **Walk** - 2 minutes
    - [repeat x3]
  - **RUN 3**:
    - 40 minutes
    - **Jog** - 5 minutes
    - **Walk** - 3 minutes
    - [repeat x5]
# 10k training plan
## 12-WEEK PROGRAMME

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
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<tbody>
<tr>
<td><strong>Five</strong></td>
<td><strong>Six</strong></td>
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<td><strong>Eight</strong></td>
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<tr>
<td>Warm up: 5 minutes Brisk walk</td>
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<td>30 minutes Jog - 3 minutes Walk - 2 minutes [repeat x6]</td>
<td>33 minutes Jog - 8 minutes Walk - 3 minutes [repeat x3]</td>
<td>36 minutes Jog - 9 minutes Walk - 3 minutes [repeat x3]</td>
<td>40 minutes Jog - 15 minutes Walk - 5 minutes [repeat x2]</td>
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<td><strong>RUN 2</strong></td>
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<td><strong>RUN 2</strong></td>
<td><strong>RUN 3</strong></td>
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<tr>
<td>25 minutes Jog - 3 minutes Walk - 2 minutes [repeat x5]</td>
<td>27 minutes Jog - 7 minutes Walk - 2 minutes [repeat x3]</td>
<td>30 minutes Jog - 8 minutes Walk - 2 minutes [repeat x3]</td>
<td>30 minutes Jog - 15 minutes Walk - 5 minutes Jog - 10 minutes</td>
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<td><strong>RUN 3</strong></td>
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<tr>
<td>32 minutes Jog - 5 minutes Walk - 3 minutes [repeat x4]</td>
<td>33 minutes Jog - 8 minutes Walk - 3 minutes [repeat x3]</td>
<td>39 minutes Jog - 10 minutes Walk - 3 minutes [repeat x3]</td>
<td>40 minutes Jog - 20 minutes Walk - 5 minutes Jog - 15 minutes</td>
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# 10k Training Plan

## 12-Week Programme

### Week 9

**Nine**

- **Warm up:**
  - 5 minutes Brisk walk

**RUN 1**

- 29 minutes
  - Jog - 10 minutes
  - Walk - 3 minutes
  - Jog - 16 minutes

**RUN 2**

- 30 minutes
  - Jog - 15 minutes
  - Walk - 5 minutes
  - Jog - 10 minutes

**RUN 3**

- 40 minutes
  - Jog - 15 minutes
  - Walk - 5 minutes
  - [repeat x2]

### Week 10

**Ten**

- **Warm up | down:**
  - 5 minutes Brisk walk

**RUN 1**

- 42 minutes
  - Jog - 20 minutes
  - Walk - 2 minutes
  - Jog - 20 minutes

**RUN 2**

- 25 minutes
  - Easy running

**RUN 3**

- 40 minutes
  - Easy running

### Week 11

**Eleven**

- **Warm up | down:**
  - 5 minutes Brisk walk

**RUN 1**

- 45 minutes
  - Easy running

**RUN 2**

- 25 minutes
  - Easy running

**RUN 3**

- 50 minutes
  - Easy running

### Week 12

**Twelve**

- **Warm up | down:**
  - 5 minutes Brisk walk

**RUN 1**

- 40 minutes
  - Easy running

**RUN 2**

- 30 minutes
  - Easy running

**RUN 3**

- **EVENT DAY**
  - Good luck!

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Progress tracker

Use this tracker to check off your runs as you complete them. You can also add notes at the end of each week to reflect on your progress so far!

Week 1 ✓    Run 1    Run 2    Run 3
Week 2
Week 3
Week 4
Week 5
Week 6
Week 7
Week 8
Week 9
Week 10
Week 11
Week 12