

# Bristol Run Series.

## Starter.

2.5 K  
5 K  
5 Miles  
10 K

## 10K TRAINING PLAN.

### CONGRATULATIONS!

Well done for signing up to the Bristol Run Series **Starter** pathway!

This guide will tell you all you need to know to ensure you have an enjoyable run.

We have designed these plans to be adaptable to your own fitness journey and goal. Please read our [online activity disclaimer](#) before participating in the training plans.





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## 10K TRAINING PLAN.

### A guide to your training plan.

#### EASY JOG / WALK:

When an activity is described as 'easy', it means it should be considered more of a 'recovery run' with a heart rate at around 60-70% of your maximum. At a pace that you would be happy to hold a conversation.

#### INTERVAL SESSIONS:

For example, 8 x 2 minutes (60 seconds rest), would mean run for 2 minutes then stop and recover for 60 seconds before running for 2 minutes again and repeat until you've done it 8 times. All 2 minute reps should be at a consistent pace, if not getting faster towards the end - so don't start too quickly! These runs should be at a faster pace than the easy runs, working near your maximum.

#### GYM / CROSS TRAIN:

To complement your running, we recommend you undertake gym or cross-training sessions. This means doing another activity that isn't running, which typically uses different parts of the body - such as swimming, weights / strength training or cycling. Examples of gym sessions can be found on our [support hub](#).

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK ONE	Rest	12 x 1 mins (1 min rest)	Gym / cross-train	Rest	5 x 3 minutes (2 mins rest)	Rest	(500m jog then 500m walk) x 2
WEEK TWO	Rest	3 x 5 mins (1 min rest)	Gym / cross-train	Rest	2 x 10 mins (2 mins rest)	Rest	2.5 km event!
WEEK THREE	Rest	15 mins	Gym / cross-train	Rest	3 x 6 mins (1 min rest)	Rest	3 km
WEEK FOUR	Rest	(1.5 km jog then 1 km walk) x 2	Gym / cross-train	Rest	20 mins easy	Rest	(1 km walk then 1 km jog) x 2

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK FIVE	Rest	4 x 6 mins (2 mins rest)	Gym / cross-train	Rest	4 x 1 km (90 secs rest)	Rest	5 km event!
WEEK SIX	Rest	2 x 5 mins (90 secs rest)	Gym / cross-train	Rest	2 km	Rest	3 km
WEEK SEVEN	Rest	3 x 1.5 km (1 min rest)	Gym / cross-train	Rest	4 x 1 km (1 min rest)	Rest	2 x 3.5 km (2 mins rest)
WEEK EIGHT	Rest	2 x 3 km (2 mins rest)	Gym / cross-train	Rest	10 x 2 mins (1 min rest)	Rest	7 km

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK NINE	Rest	25 mins	Gym / cross-train	Rest	5 x 1 km (1 min rest)	Rest	5 mile event!
WEEK TEN	Rest	30 mins	Gym / cross-train	Rest	2 x 10 mins (30 secs rest)	Rest	8 km
WEEK ELEVEN	Rest	30 mins	Gym / cross-train	Rest	5 km	Rest	2 x 4.5 km (90 secs rest)
WEEK TWELVE	Rest	4 km	Rest	20 mins	Rest	Rest	10 km event!