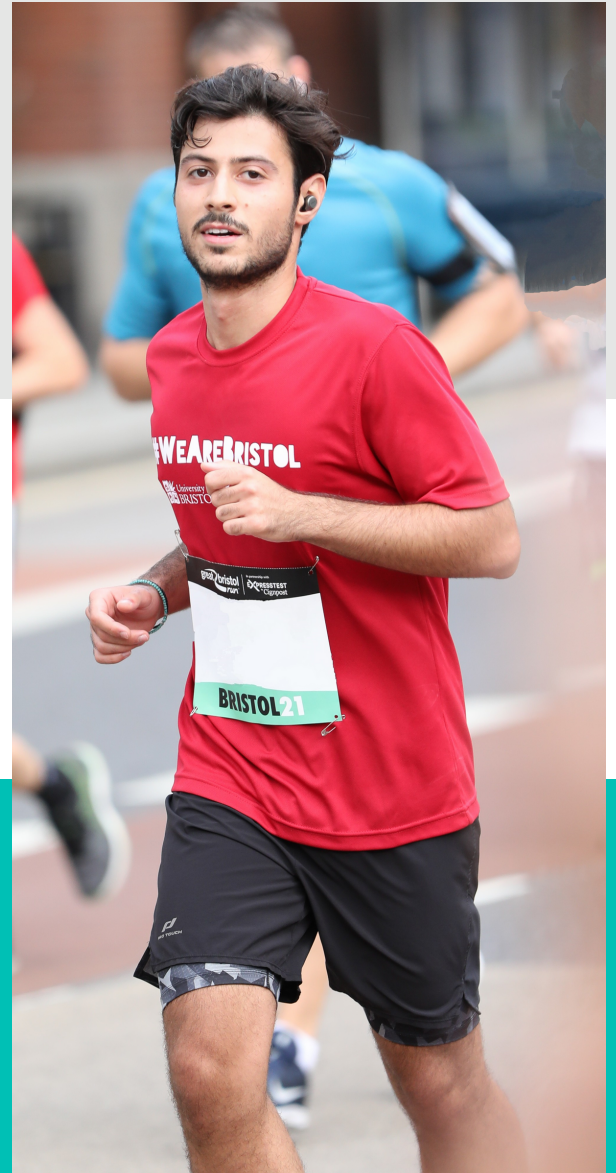


Bristol Run Series.

Let's get started.

2.5K
5K
10K

10K TRAINING PLAN.



CONGRATULATIONS!

Well done for signing up to the Bristol Run Series **Let's get started** 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.



Bristol Run Series.

Let's get started.

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 W/C 19/2/24	Rest	6 x 2 mins (jog / fast walk, 90 sec rest)	Gym / cross-train	Rest	3 x 5 mins (jog / fast walk, 2 mins rest)	Rest	2.5 km event Good luck!
WEEK TWO W/C 26/2/24	Rest	12 mins easy run	Gym / cross-train	Rest	4 x 5 mins (2 mins rest)	Rest	3 km
WEEK THREE W/C 4/3/24	Rest	6 x 3 mins (60 secs rest)	Gym / cross-train	Rest	2 x 10 mins (2 mins rest)	Rest	(1 km jog then 1km walk) x 2
WEEK FOUR W/C 11/3/24	Rest	15 mins easy run	Gym / cross-train	Rest	2 x 5 mins (60 sec rest)	Rest	5 km event Good luck!

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK FIVE W/C 18/3/24	Rest	(1.5 km jog then 1 km walk) x 2	Gym / cross-train	Rest	20 mins easy run	Rest	5 km
WEEK SIX W/C 25/3/24	Rest	4 x 6 mins (2 mins rest)	Gym / cross-train	Rest	4 x 1 km (2 mins rest)	Rest	(2 km jog, then 1 km walk) x 2
WEEK SEVEN W/C 1/4/24	Rest	10 x 1 mins (60 secs rest)	Gym / cross-train	Rest	3 km	Rest	6 km
WEEK EIGHT W/C 8/4/24	Rest	3 x 1.5 km (60 secs rest)	Gym / cross-train	Rest	4 x 1 km (60 secs rest)	Rest	2 x 3.5 km (2 mins rest)

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK NINE W/C 15/4/24	Rest	2 x 3 km (2 mins rest)	Gym / cross-train	Rest	8 x 2 mins (60 secs rest)	Rest	7 km
WEEK TEN W/C 22/4/24	Rest	25 mins easy run	Gym / cross-train	Rest	5 x 1 km (60 secs rest)	Rest	8 km
WEEK ELEVEN W/C 29/4/24	Rest	30 mins easy run	Gym / cross-train	Rest	2 x 10 mins (30 secs rest)	Rest	8 km
WEEK TWELVE W/C 6/5/24	Rest	35 mins easy run	Gym / cross-train	Rest	4 km	Rest	2 x 4.5 km (2 mins rest)
WEEK THIRTEEN W/C 13/5/24	Rest	3 km	Rest	20 mins easy run	Rest	Rest	10 km event Good luck!