

**DCR 6 week 10K Training Plan (3 runs per week)**

This plan is based on the popular 5K to 10K running program and assumes that participants can already run 5Km. Progress through the plan can be managed using the Just Run App. For runners wishing to attempt a 10Km PB, it is recommended that you engage a DCR coach who will provide you with a more tailored training plan.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | REST | **53 minutes**5 minute walk10 minute run1 minute walk10 minute run1 minute walk10 minute run1 minute walk10 minute run5 minute walk | REST | **53 minutes**5 minute walk10 minute run1 minute walk10 minute run1 minute walk10 minute run1 minute walk10 minute run5 minute walk | REST | REST | **53 minutes**5 minute walk10 minute run1 minute walk10 minute run1 minute walk10 minute run1 minute walk10 minute run5 minute walk |
| Week 2 | REST | **57 minutes**5 minute walk15 minute run1 minute walk15 minute run1 minute walk15 minute run5 minute walk | REST | **57 minutes**5 minute walk15 minute run1 minute walk15 minute run1 minute walk15 minute run5 minute walk | REST | REST | **57 minutes**5 minute walk15 minute run1 minute walk15 minute run1 minute walk15 minute run5 minute walk |
| Week 3 | REST | **63 minutes**5 minute walk17 minute run1 minute walk17 minute run1 minute walk17 minute run5 minute walk | REST | **63 minutes**5 minute walk17 minute run1 minute walk17 minute run1 minute walk17 minute run5 minute walk | REST | REST | **63 minutes**5 minute walk17 minute run1 minute walk17 minute run1 minute walk17 minute run5 minute walk |
| Week 4 | REST | **66 minutes**5 minute walk18 minute run1 minute walk18 minute run1 minute walk18 minute run5 minute walk | REST | **66 minutes**5 minute walk18 minute run1 minute walk18 minute run1 minute walk18 minute run5 minute walk | REST | REST | **66 minutes**5 minute walk18 minute run1 minute walk18 minute run1 minute walk18 minute run5 minute walk |
| Week 5 | REST | **55 minutes**5 minute walk22 minute run1 minute walk22 minute run5 minute walk | REST | **61 minutes**5 minute walk25 minute run1 minute walk25 minute run5 minute walk | REST | REST | **71 minutes**5 minute walk30 minute run1 minute walk30 minute run5 minute walk |
| Week 6 | REST | **70 minutes**5 minute walk60 minute run5 minute walk | REST | **70 minutes**5 minute walk60 minute run5 minute walk | REST | REST | **70 minutes**5 minute walk**10Km run**5 minute walk |