

**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.

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | REST | **53 minutes**  5 minute walk  10 minute run  1 minute walk  10 minute run  1 minute walk  10 minute run  1 minute walk  10 minute run  5 minute walk | REST | **53 minutes**  5 minute walk  10 minute run  1 minute walk  10 minute run  1 minute walk  10 minute run  1 minute walk  10 minute run  5 minute walk | REST | REST | **53 minutes**  5 minute walk  10 minute run  1 minute walk  10 minute run  1 minute walk  10 minute run  1 minute walk  10 minute run  5 minute walk |
| Week 2 | REST | **57 minutes**  5 minute walk  15 minute run  1 minute walk  15 minute run  1 minute walk  15 minute run  5 minute walk | REST | **57 minutes**  5 minute walk  15 minute run  1 minute walk  15 minute run  1 minute walk  15 minute run  5 minute walk | REST | REST | **57 minutes**  5 minute walk  15 minute run  1 minute walk  15 minute run  1 minute walk  15 minute run  5 minute walk |
| Week 3 | REST | **63 minutes**  5 minute walk  17 minute run  1 minute walk  17 minute run  1 minute walk  17 minute run  5 minute walk | REST | **63 minutes**  5 minute walk  17 minute run  1 minute walk  17 minute run  1 minute walk  17 minute run  5 minute walk | REST | REST | **63 minutes**  5 minute walk  17 minute run  1 minute walk  17 minute run  1 minute walk  17 minute run  5 minute walk |
| Week 4 | REST | **66 minutes**  5 minute walk  18 minute run  1 minute walk  18 minute run  1 minute walk  18 minute run  5 minute walk | REST | **66 minutes**  5 minute walk  18 minute run  1 minute walk  18 minute run  1 minute walk  18 minute run  5 minute walk | REST | REST | **66 minutes**  5 minute walk  18 minute run  1 minute walk  18 minute run  1 minute walk  18 minute run  5 minute walk |
| Week 5 | REST | **55 minutes**  5 minute walk  22 minute run  1 minute walk  22 minute run  5 minute walk | REST | **61 minutes**  5 minute walk  25 minute run  1 minute walk  25 minute run  5 minute walk | REST | REST | **71 minutes**  5 minute walk  30 minute run  1 minute walk  30 minute run  5 minute walk |
| Week 6 | REST | **70 minutes**  5 minute walk  60 minute run  5 minute walk | REST | **70 minutes**  5 minute walk  60 minute run  5 minute walk | REST | REST | **70 minutes**  5 minute walk  **10Km run**  5 minute walk |