



**GWD
Toyota**

10KM TRAINING PLAN

This 10 week plan is designed to take you from short run/walk sessions through to completing the Clyde Classic 10K. You'll train three times each week, gradually increasing the amount of running and building towards longer continuous efforts.

Space out the runs across the week and keep most of your running at an easy, comfortable pace. Don't worry about speed, the goal is to build your fitness consistently and arrive at race day ready to enjoy your 10K.

Week	Run 1	Run 2	Long Run
1 <i>Let's go</i>	Warm up with 5–8 min walking. 1 min run / 2 min walk x 8	Warm up with 5–8 min walking. 1 min run / 2 min walk x 8	25–30 min
2 <i>Every step forward is a win</i>	Warm up with 5–8 min walking. 2 min run / 2 min walk x 7	Warm up with 5–8 min walking. 2 min run / 2 min walk x 7	30–35 min
3 <i>Don't compare yourself</i>	Warm up with 5–8 min walking. 4 min run / 2 min walk x 5	Warm up with 5–8 min walking. 4 min run / 2 min walk x 5	40–45 min
4 <i>Hardest part is getting your shoes on</i>	Warm up with 5–8 min walking. 5 min run / 2 min walk x 5	Warm up with 5–8 min walking. 5 min run / 2 min walk x 5	45–50 min
5 <i>Keep showing up</i>	Warm up with 5–8 min walking. 8 min run / 2 min walk x 4	Warm up with 5–8 min walking. 8 min run / 2 min walk x 4	50–55 min
6 <i>Remember how far you have come</i>	Warm up with 5–8 min walking. 12 min run / 2 min walk x 3	Warm up with 5–8 min walking. 15 min run / 2 min walk x 3	60–65 min
7 <i>Trust the process</i>	Warm up with 5–8 min walking. 20 min run / 2 min walk x 2	Warm up with 5–8 min walking. 25 min easy continuous, then 5 min walk	65–70 min
8 <i>Enjoy the journey</i>	Warm up with 5–8 min walking. 30 min easy continuous, then 5 min walk	Warm up with 5–8 min walking. 20 min run / 2 min walk x 3	75 min
9 <i>The training is done</i>	Warm up with 5–8 min walking. 30 min easy continuous, then 10 min walk	Warm up with 5–8 min walking. 25 min easy, then 10 min walk	80–85 min
10 <i>You've got this</i>	Warm up with 5–8 min walking. 25 min very easy	REST	RACE DAY