



GET RUN READY WITH BUBBA ALI

CENTRA
RUN
TOGETHER

10K TRAINING PLAN

The 10k Plan is based on a mixture of Hills, Flats and Longer, Steady Runs plus a Strength Session 1-2 days per week.

For a great Strength session, check out Bubba's 25 minute dumbbell workout - [Click Here](#)

DO MAKE SURE TO WARM UP AND STRETCH BEFORE ALL TRAINING DAYS.

WEEK ONE

MONDAY	20 MINS HILLS' RUN
TUESDAY	REST
WEDNESDAY	20 MINS FLAT RUN
THURSDAY	STRENGTH SESSION
FRIDAY	REST
SATURDAY	40 MINS RUN
SUNDAY	STRENGTH SESSION

WEEK TWO

MONDAY	REST
TUESDAY	20 MINS HILLS' RUN
WEDNESDAY	STRENGTH SESSION
THURSDAY	20 MINS FLAT
FRIDAY	STRENGTH SESSION
SATURDAY	REST
SUNDAY	45 MINS RUN

WEEK THREE

MONDAY	REST
TUESDAY	30 MINS HILLS
WEDNESDAY	STRENGTH SESSION
THURSDAY	30 MINS FLAT
FRIDAY	STRENGTH SESSION
SATURDAY	REST
SUNDAY	50 MINS RUN

WEEK FOUR

MONDAY	REST
TUESDAY	35 MINS HILLS
WEDNESDAY	STRENGTH SESSION
THURSDAY	35 MINS FLAT
FRIDAY	STRENGTH SESSION
SATURDAY	REST
SUNDAY	50 MINS RUN

WEEK FIVE

MONDAY	REST
TUESDAY	35 MINS HILLS
WEDNESDAY	STRENGTH SESSION
THURSDAY	35 MINS FLAT
FRIDAY	STRENGTH SESSION
SATURDAY	REST
SUNDAY	60 MINS RUN

WEEK SIX

MONDAY	REST
TUESDAY	40 MINS HILLS
WEDNESDAY	STRENGTH SESSION
THURSDAY	40 MINS FLAT
FRIDAY	STRENGTH SESSION
SATURDAY	REST
SUNDAY	60 MINS RUN

WEEK SEVEN

MONDAY	REST
TUESDAY	50 MINS HILLS
WEDNESDAY	STRENGTH SESSION
THURSDAY	60 MINS FLAT
FRIDAY	STRENGTH SESSION
SATURDAY	REST
SUNDAY	70 MINS RUN

WEEK EIGHT

MONDAY	REST
TUESDAY	60 MINS HILLS
WEDNESDAY	STRENGTH SESSION
THURSDAY	60 MINS FLAT
FRIDAY	REST
SATURDAY	REST
SUNDAY	70 MINS RUN

WEEK NINE

MONDAY	REST
TUESDAY	RUN 6KM
WEDNESDAY	REST
THURSDAY	RUN SLOW 5K
FRIDAY	WALK 60 MINS
SATURDAY	REST
SUNDAY	RACE DAY

17th | **10.00^{am}**
OCT | **ORMEAU PARK**

GOOD LUCK...
START STEADY...
RUN HARD.