



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.

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

WEEK ONE

MONDAY	4KM WALK
TUESDAY	LIGHT STRENGTH
WEDNESDAY	3KM RUN
THURSDAY	REST
FRIDAY	LIGHT STRENGTH
SATURDAY	4KM RUN SLOW
SUNDAY	REST

WEEK TWO

MONDAY	4KM WALK
TUESDAY	LIGHT STRENGTH
WEDNESDAY	3KM RUN
THURSDAY	REST
FRIDAY	LIGHT STRENGTH
SATURDAY	4KM RUN SLOW
SUNDAY	REST

WEEK THREE

MONDAY	6KM WALK
TUESDAY	LIGHT STRENGTH
WEDNESDAY	5KM RUN
THURSDAY	REST
FRIDAY	LIGHT STRENGTH
SATURDAY	6KM RUN SLOW
SUNDAY	REST

WEEK FOUR

MONDAY	8KM WALK
TUESDAY	LIGHT STRENGTH
WEDNESDAY	7KM RUN
THURSDAY	REST
FRIDAY	LIGHT STRENGTH
SATURDAY	8KM RUN SLOW
SUNDAY	REST

WEEK FIVE

MONDAY	9KM WALK
TUESDAY	LIGHT STRENGTH
WEDNESDAY	8KM RUN
THURSDAY	REST
FRIDAY	LIGHT STRENGTH
SATURDAY	9KM RUN SLOW
SUNDAY	REST

WEEK SIX

MONDAY	10KM WALK
TUESDAY	LIGHT STRENGTH
WEDNESDAY	9KM RUN
THURSDAY	REST
FRIDAY	LIGHT STRENGTH
SATURDAY	10KM RUN SLOW
SUNDAY	REST

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

13th
APR

9.30^{am}
ORMEAU PARK
BELFAST