



# 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.

18<sup>th</sup>  
OCT

9.30<sup>am</sup>  
Ormeau Park,  
Belfast