

## Goring 10km Training Plan – Zero to Hero

This is a plan for those who are not running regularly at the moment and who want to complete the 10km with a couple of walking breaks. It is a run/ walk programme involving three sessions per week. If you only have time for two sessions make sure you include the Sunday session (with the exception of week 1) as it has slightly longer sections of running.

### Week 1 – 01/01/24

Monday	
Tuesday	Run 1 minute. Walk 2 minutes. Repeat 6 times (18mins)
Wednesday	
Thursday	Run 1 minute. Walk 2 minutes. Repeat 6 times (18mins)
Friday	
Saturday	
Sunday	Run 1 minute. Walk 2 minutes. Repeat 6 times (18mins)

### Week 2 – 08/01/24

Monday	
Tuesday	Run 2 minutes. Walk 2 minutes. Repeat 5 times (20mins)
Wednesday	
Thursday	Run 1 minute. Walk 2 minutes. Repeat 6 times (18mins)
Friday	
Saturday	
Sunday	Run 2 minutes. Walk 2 minutes. Repeat 6 times (24mins)

### Week 3 – 15/01/24

Monday	
Tuesday	Run 3 minutes. Walk 2 minutes. Repeat 5 times. (25mins)
Wednesday	
Thursday	Run 2 minutes. Walk 2 minutes. Repeat 5 times. (20mins)
Friday	
Saturday	
Sunday	Run 3 minutes. Walk 2 minutes. Repeat 6 times. (30mins)

### Week 4 - 22/01/24

Monday	
Tuesday	Run 2 minutes. Walk 3 minutes. Repeat 5 times (25mins)
Wednesday	
Thursday	Run 2 minutes. Walk 2 minutes. Repeat 4 times (16mins)
Friday	
Saturday	
Sunday	Run 3 minutes. Walk 1 minute. Repeat 8 times (32mins)

### Week 5 - 29/01/24 – Lighter week

Monday	
Tuesday	
Wednesday	Run 2 minutes. Walk 1 minute. Repeat 7 times (21mins)
Thursday	
Friday	
Saturday	
Sunday	Run 3 minutes. Walk 2 minutes. Repeat 5 times (25mins)

**Week 6 - 05/02/24**

Monday	
Tuesday	Run 3 minutes. Walk 1 minute. Repeat 9 times (36mins)
Wednesday	
Thursday	Run 3 minutes. Walk 1 minute. Repeat 6 times (24mins)
Friday	
Saturday	
Sunday	Run 5 minutes. Walk 1 minute. Repeat 6 times (36mins)

**Week 7 - 12/02/24**

Monday	Run 5 minutes. Walk 1 minute. Repeat 5 times (30mins)
Tuesday	
Wednesday	
Thursday	Run 4 minutes. Walk 1 minute. Repeat 6 times (30mins)
Friday	
Saturday	
Sunday	Run 7 minutes. Walk 1 minute. Repeat 5 times (40mins)

**Week 8 - 19/02/24**

Monday	
Tuesday	Run 5 minutes. Walk 1 minute. Repeat 5 times (30mins)
Wednesday	
Thursday	Run 3 minutes. Walk 1 minute. Repeat 6 times (24mins)
Friday	
Saturday	
Sunday	Run 10 minutes. Walk 1 minute. Repeat 4 times (44mins)

**Week 9 - 26/02/24**

Monday	Run 5 minutes. Walk 1 minute. Repeat 5 times (30mins)
Tuesday	
Wednesday	
Thursday	Run 5 minutes. Walk 1 minute. Repeat 6 times (36mins)
Friday	
Saturday	
Sunday	Run 10 minutes, walk 1 minute. Run 15 minutes, walk 1 minute. Run 20 minutes, walk 1 minute. Run 10 minutes (58mins)

**Week 10 - 04/03/24**

Monday	
Tuesday	Run 20 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes (47mins)
Wednesday	
Thursday	
Friday	Run 10 minutes. Walk 1 minute. Repeat 4 times. (44mins)
Saturday	
Sunday	Run 40 minutes. Walk 1 minute. Run 20 minutes (61mins)

**Week 11- 11/03/24**

Monday	
Tuesday	Run 40 minutes
Wednesday	
Thursday	Run 10 minutes, walk 30 secs, then pick up pace and run a further 10mins
Friday	
Saturday	
Sunday	10km Race and celebration!

It is advisable to have a health check with your GP before starting any exercise programme. Run with Elkie is not responsible for any injury or incident which may arise as a result of participating in this programme.

Run with Elkie is a local running coaching business, Elkie's child is at Goring Primary. Elkie offers one to one coaching in person and virtual training plans. If you are interested in finding out more please visit [www.runwithelkie.co.uk](http://www.runwithelkie.co.uk) or email [elkie@runwithelkie.co.uk](mailto:elkie@runwithelkie.co.uk)