



BUPA 10 KM TRAINING PROGRAMME - BEGINNERS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8 (TAPER WEEK)
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	Run 15 min Walk 1 - 2 min Run 15 min	Run 18 min Walk 1 - 3 min Run 18 min	Run 30 min continuously	Run 30 min continuously	Run 30 min continuously	Run 30 min continuously	Run 45 min continuously	Run 45 min continuously
DAY 3	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 4	Run 15 min Walk 1 - 2 min Run 15 min	Run 18 min Walk 1 - 3 min Run 18 min	Run 30 min continuously	Run 30 min continuously	Run 40 min continuously	Run 40 min continuously	Run 45 min continuously	Run 30 min continuously
DAY 5	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	Run 2 miles continuously. Record your time here:	Run 5km (or 3 miles) continuously. Record your time here:	Run 3 miles continuously. Record your time here:	Run 40 to 45 min continuously	Run 4 miles continuously. Record your time here:	Run 50 min continuously	Run 10km (approximately 6 miles) continuously. Record your time here:	10 km race.

For expert advice on your running visit www.bupa.co.uk/running



BUPA 10 KM TRAINING PROGRAMME - INTERMEDIATE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	2 miles easy	2 miles easy	3 miles easy	3 miles easy	2 miles easy	2 miles easy	3 miles easy	3 miles easy
DAY 3	30 minutes tempo	30 minutes tempo	30 minutes tempo	40 minutes tempo	40 minutes tempo	50 minutes tempo	50 minutes tempo	5km race-pace run
DAY 4	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 5	30 minutes easy	30 minutes easy	30 minutes easy	30 minutes speed	30 minutes speed	30 minutes speed	30 minutes speed	3 miles easy
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	3 miles	5 miles	6 miles	7 miles	8 miles	8 miles	6 miles	10km race

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BUPA 10 KM TRAINING PROGRAMME - ADVANCED

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
DAY 1	3 Miles Steady	3 Miles Steady	4 Miles Steady	4 Miles Steady	4 Miles Steady	4 Miles Steady	4 Miles Steady	5 Miles Steady	4 Miles Steady	3 Miles Steady	3 Miles Steady	3 Miles Steady
DAY 2	Rest	Tempo: 2x10min (5min recovery)	Hills: 6x60secs	Rest	Hills: 5x90secs	Tempo: 2x15mins (5min recovery)	Hills: 6x2mins	Rest	Hills: 7x60secs	Tempo: 3x10mins (5mins)	Hills: 4x2mins	Tempo: 1 mile easy, 3 miles at race pace, 1 mile easy
DAY 3	5 Miles Steady	5 Miles Steady	5 Miles Steady	5 Miles Steady	6 Miles Steady	5 Miles Steady	6 Miles Steady	6 Miles Fartlek	6 Miles Steady	7 Miles Steady	5 Miles Easy	Rest
DAY 4	5 Miles Fartlek	Intervals: 4x800m (400m recovery)	Intervals: 3x1000m (400m)	4 Miles Steady	Intervals: 8x400m (200m recovery)	Intervals: 4x1000 (500m recovery)	Tempo: 15mins (5mins), 10mins (4mins), 5mins	4 Miles Steady	Intervals: 6x800m (400m)	Intervals: 5x1000m (400m)	Intervals: 8x400m (200m)	5 Miles Easy
DAY 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
DAY 6	3 Miles Easy	3 Miles Easy	4 Miles Steady	20 minutes jog	4 Miles Steady	4 Miles Steady	5 Miles Steady	3 Miles Easy	5 Miles Easy	4 Miles: Time Trial	5 Miles	20 minutes jog
DAY 7	6 Miles Long Run	6 Miles Long Run	7 Miles Long Run	5km Race / 5 Miles: Time Trial	8 Miles Long Run	9 Miles Long Run	10 Miles Long Run	10km Race / 6 Miles: Time Trial	11 Miles Long Run	10 Miles Long Run	8 Miles Long Run	10km RACE

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