

10K PREPARATION

KEEP SCOTLAND ACTIVE WITH
jogscotland 
#jogscotlandActive



TARGET: JOG CONTINUOUSLY FOR 5K/40 MINS

This programme follows on from the jogscotland Learn to Run 2 programme - you should be able to jog continuously for 4K or 30 mins before you start. Although you will only add an extra 10 mins to your run in total, this programme gives you time to consolidate your strength and fitness and will prepare you to start the 5K to 10K programme.

Repeat each session two or three times each week, with at least one day off in between

Mobility warm-up and stretch cool down videos with jog leader Lyn Bow are available on YouTube - [click here](#) or visit www.youtube.com/scottishathletics!

Week 1

5 min walk & mobility warm up
3 x 10 min jog (5 min walk between each jog)
5 min walk & stretch cool down

Week 2

5 min walk & mobility warm up
2 x 15 min jog (5 min walk between)
5 min walk & stretch cool down

Week 3

5 min walk & mobility warm up
2 x 18 min jog (5 min walk between)
5 min walk & stretch cool down

Week 4

5 min walk & mobility warm up
1 x 6 min jog } 3 min walk
1 x 20 min jog } in between
1 x 6 min jog }
5 min walk & stretch cool down

Week 5

5 min walk & mobility warm up
1 x 10 min jog } 3 min walk
1 x 25 min jog } in between
5 min walk & stretch cool down

Week 6

5 min walk & mobility warm up
30 min jog
5 min walk & stretch cool down

Week 7

5 min walk & mobility warm up
2 x 20 min jog (3 min walk between)
5 min walk & stretch cool down

Week 8

5 min walk & mobility warm up
1 x 10 min jog } 3 min walk
1 x 30 min jog } in between
5 min walk & stretch cool down

Week 9

5 min walk & mobility warm up
35 min jog
5 min walk & stretch cool down

Week 10

5 min walk & mobility warm up
40 min jog
5 min walk & stretch cool down