

# RUN 10K

KEEP SCOTLAND ACTIVE WITH  
**jogscotland**   
#jogscotlandActive



## TARGET: JOG CONTINUOUSLY FOR 10K/1 HOUR

This programme follows on from either the jogscotland Learn to Run 2 programme or the 10K preparation programme.

You should be able to jog continuously for at least 30min or 5K before you start. Repeat each session 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!](http://www.youtube.com/scottishathletics!)

### Week 1

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

### Week 2

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

### Week 3

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

### Week 4

5 min walk & mobility warm up  
2 x 25 min jog (5 min walk  
between)  
5 min walk & stretch cool down

### Week 5

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

### Week 6

5 min walk & mobility warm up  
1 x 20 min jog } 5 min walk  
1 x 30 min jog } in between  
5 min walk & stretch cool down

### Week 7

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

### Week 8

5 min walk & mobility warm up  
2 x 30 min jog (5 min walk  
between)  
5 min walk & stretch cool down

### Week 9

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

### Week 10

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