



**SOLO RUN CLUB**  
**10km Running Schedule**

**Week 1**

**Run 1**

30 mins easy (walk for 3 mins if you need to rest and then try to run again)

**Run 2**

30 mins easy

**Run 3**

Long Run: 2 miles (try not to walk if you can)

**Week 2**

**Run 1**

30 mins easy

**Run 2**

30 mins easy

**Run 3**

Long Run: 3 miles

**Week 3**

**Run 1**

30 mins easy

**Run 2**

20 mins interval running

**Run 3**

Long Run: 3 miles



#### **Week 4**

##### **Run 1**

40 mins easy

##### **Run 2**

30 mins easy

##### **Run 3**

Long Run: 50 mins

#### **Week 5**

##### **Run 1**

30 mins interval running

##### **Run 2**

40 mins easy

##### **Run 3**

Long Run: 4 miles

#### **Week 6**

##### **Run 1**

30 mins easy

##### **Run 2**

40 mins easy

##### **Run 3**

Long Run: 5 miles



### Week 7

#### Run 1

40 mins easy

#### Run 2

40 mins interval running

#### Run 3

Long Run: 4 miles

### Week 8

#### Run 1

30 mins easy

#### Run 2

20 mins easy

#### Run 3

Long run: 6 mins = 10km!!