

10 WEEKS to 10K



LONDON
10,000



GETTING STARTED

TRAINING DAY

TRAINING DAY

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WEEK 1 Warming up

Welcome to the 10 weeks to 10K Training Plan! Here is everything you can expect for the next 10 weeks.

5 min walk warm-up
5 min easy run + 2 min walk x2
3 min walk cooldown

TOTAL: 22 MINS

5 min walk warm-up
5 min easy run + 2 min walk x3
3 min walk cooldown

TOTAL: 29 MINS

Warm up
10 min easy run + 5 min walk x2
Cool down

TOTAL: 30 MINS



WEEK 2 Cooling down

Try to take some time to cool down after your runs with some tips from Jess and Max.

5 min walk warm-up
8 min run + 2 min walk x2
5 min walk cooldown

TOTAL: 30 MINS

Warm up
10 min easy run + 2 min walk x2
Cool down

TOTAL: 24 MINS

5 min walk warm-up
20 min easy run
5 min walk cooldown

TOTAL: 30 MINS



WEEK 3 Hydration

Staying hydrated is an essential part of our wellbeing. Adults should aim for 1.5 to 2 litres of water daily.

5 min walk warm-up
20 min easy run
5 min walk cooldown

TOTAL: 30 MINS

5 min easy run warm-up
1 min run + 2 min walk x5
5 min easy run cooldown

TOTAL: 25 MINS

Warm up
30 min easy run
Cool down

TOTAL: 30 MINS



WEEK 4 Motivation

Your words of motivation this week: every run is a victory, no matter the distance.

Warm up
30 min easy run
Cool down

TOTAL: 30 MINS

Warm up
5 min easy run with 2 min steady run + 2 min walk/slow run x5
Cool down

TOTAL: 45 MINS

Warm up
40 min easy run
Cool down

TOTAL: 40 MINS



WEEK 5 Recovery

You're halfway through! Keep up the good work.

Warm up
30 min easy run
Cool down

TOTAL: 30 MINS

5 min easy run warm-up
3 min run + 2 min walk/jog x5
5 min walk cooldown

TOTAL: 35 MINS

Warm up
25 min easy run + 3 min walk x2
Cool down

TOTAL: 56 MINS



WEEK 6 Strength

Did you know strength training can improve your running? Try to incorporate a strength workout this week.

Warm up
35 min easy run
Cool down

TOTAL: 35 MINS

10 min easy run warm-up
4 min run + 1 min walk/jog x5
10 min easy run cooldown

TOTAL: 45 MINS

Warm up
30 min easy run + walk/run
30 min
Cool down

TOTAL: 60 MINS



WEEK 7 Nutrition

A healthy, balanced diet plays a key role in supporting your body when training. Try to have a variety of fibre, protein and carbs in your meals.

Warm up
35 min easy run
Cool down

TOTAL: 35 MINS

10 min easy run warm-up
5 min steady run + 30 secs walk/jog x6
10 min easy run cooldown

TOTAL: 53 MINS

Warm up
40 min run + walk/run
30 min
Cool down

TOTAL: 70 MINS



WEEK 8 Nerves

Feeling nervous before Event Day is completely natural. It just means something important is about to happen.

Warm up
40 min easy run
Cool down

TOTAL: 40 MINS

10 min easy run warm-up
6 min run + 30 secs walk/jog x6
10 min easy run cooldown

TOTAL: 59 MINS

Warm up
70 min run - it's OK to include short walk breaks if you wish!
Cool down

TOTAL: 70 MINS



WEEK 9 Sleep

Did you know the average adult needs 7 to 9 hours of sleep each night?

Warm up
20 min easy run
Cool down

TOTAL: 20 MINS

10 min easy run warm-up
10 min steady run + 2 min easy run x3
10 min easy run cool down

TOTAL: 56 MINS

Warm up
50 min easy run
Cool down

TOTAL: 50 MINS



WEEK 10 10K ready

You're nearly there! The Vitality London 10,000 is in sight - you've got this.

Warm up
30 min easy run
Cool down

TOTAL: 30 MINS

Here it is, your last session - we know you'll smash it!
Warm up
20 min easy run
Cool down

TOTAL: 20 MINS

Rest.

Run ready with Jess

Why is a warm-up so important? Learn from Vitality ambassador Jess Ennis-Hill and Jonny Kibble, Vitality's Head of Physical Activity.

[Watch on YouTube.](#)

Jess stretches it out with former Team GB gymnast Max Whitlock.

[Find out how they got on.](#)

Struggling with your energy levels? Learn why hydration is the key to success.

[Read our tips to stay hydrated.](#)

Keep that motivation high with Jess and the Black Girls Do Run club.

[Watch and get inspired.](#)

You're halfway through! We're busting some recovery myths to help your body bounce back after your run.

[Uncover the facts.](#)

Jess and friend of Vitality Born Barikor share their advice to help you with strength training.

[Get the lowdown.](#)

Now it's time for the eating plan. Discover how to perfectly prepare your fuel before, during and after your training.

[Check out our nutrition knowledge.](#)

Nerves. Are. Normal! Jess and Max Whitlock share their tips on calmness.

[Watch now to feel the zen.](#)

The final piece of the puzzle? Sleep for your recovery is crucial.

[Improve your sleep with these 5 simple tips.](#)

That's a wrap. You're 10K ready! Make sure Event Day goes off without a hitch with these

[3 things to bring with you.](#)

Get a head start

Click boxes to listen

The Women's Running Podcast

Hear from wonderful women from the world of running and feel inspired to lace up and get moving.

Simple Pleasures

Chef and writer Yotam Ottolenghi cooks for guests while discussing food, culture, travel and the simple pleasures in life.

Bryony Gordon's Mad World

A series of intimate conversations about mental health, showing how we can support each other to feel better.

Feel Better, Live More with Rangan Chatterjee

Leading experts debunk health myths and give us the tools we need to improve the way we eat, sleep, and move.

The Emma Guns Show

Insights from expert guests on all kinds of topics, from looking after your mental and physical health, to time management and meditation.

Happy Place

TV and radio presenter Fearne Cotton talks to incredible people about what happiness means to them.

At Your Leisure with Sue Perkins

Famous guests talk about the hobbies that make them tick. This podcast could inspire your own creative pursuit!

28 Summers - Find Your Adventure

Hosted by Jay Worthy, this podcast is for anyone looking to reframe their lives, find their purpose and lead a more adventurous life!

How Do You Cope?

Elis James and John Robins talk to a range of guests about how they overcome challenges and hurdles in their lives.

Give Me Strength with Alice Liveing

The author and personal trainer interviews extraordinary people about the importance of resilience.