

10 WEEKS to 10K



	GETTING STARTED	TRAINING DAY	SOUNDTRACK YOUR RUN	TRAINING DAY	RUN READY WITH VITALITY	TRAINING DAY
WEEK 1	LETS GO! Use this first week to gather inspiration from others and discover what motivates you.	THE SESSION Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins. TOTAL: 22 MINS	STRANGERS ON A BENCH Curious about the lives passing you by? Tom Rosenthal's warm, spontaneous conversations with strangers reveal surprising, funny, and moving human stories that turn everyday encounters into something unforgettable and deeply relatable. Listen now	THE SESSION Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins. TOTAL: 29 MINS	START STRONG Vitality shares five training tips to help you feel confident throughout your 10K plan. Read now	THE SESSION Run 10 mins easy, walk 5 mins, run 10 mins easy, walk 5 mins. TOTAL: 30 MINS
WEEK 2	FUEL PROPERLY Stronger body, sharper mind – add flavour to your meals and try something new, like a cookery class with Migrateful .	THE SESSION Walk 5 mins, walk/run 8 mins, walk 2 mins, walk/run 8 mins, walk 5 mins. TOTAL: 28 MINS	THE START LINE Join three sisters chatting about running, food, music and life. Honest, funny and relatable, it feels like catching up with friends while getting inspired and reassured you're not doing life alone. Listen now	THE SESSION Walk/run 10 mins, walk 2 mins, walk/run 10 mins, walk 2 mins. TOTAL: 24 MINS	FUELLING THE RIGHT WAY CAN MAKE ALL THE DIFFERENCE Sports nutritionist Ryan James shares the most common mistakes to avoid. Read now	THE SESSION Walk 5 mins, walk/run 20 mins easy, walk 5 mins. TOTAL: 30 MINS
WEEK 3	TRAIN SMARTER Grab a friend for a cross-training class such as reformer Pilates or join a run club and make miles more fun.	THE SESSION Walk 5 mins, walk/run 20 mins easy, walk 5 mins. TOTAL: 30 MINS	FIND YOUR PACE (AUDIOBOOK) Rediscover running as joy and self-expression. Emma Kirk-Odunubi shares her personal journey and expert guidance to help you run your way – building confidence, processing life, and creating a routine that fits you. Listen now	THE SESSION Run 5 mins easy. Run 1 min steady, walk 2 mins to recover – repeat 5 times. Run 5 mins easy. TOTAL: 25 MINS	WHY GETTING ACTIVE TOGETHER COULD BE THE BEST MOTIVATOR Find out how a friend can help you stay motivated and build healthier habits. Read now	THE SESSION Walk/run 30 mins easy. TOTAL: 30 MINS
WEEK 4	RESPECT RECOVERY True progress happens during recovery. To start, factor in these easy ways to reset .	THE SESSION Run 30 mins easy. TOTAL: 30 MINS	STOMPCAST Discover how walking can transform your mental and physical health. Dr Alex George blends calming outdoor chats with expert insight, helping you slow down, reset your mind, and become a healthier, happier you. Listen now	THE SESSION Run 5 mins easy. Run 2 mins steady, walk/jog 2 mins to recover – repeat 5 times. Run 5 mins easy. TOTAL: 30 MINS	RECOVERY DOESN'T HAVE TO BE COMPLICATED We bust five common myths and share smarter ways to help you bounce back. Read now	THE SESSION Walk/run 40 mins easy. TOTAL: 40 MINS
WEEK 5	TRY SOMETHING That thing you've been putting off? Start it this week – fresh energy fuels your training too.	THE SESSION Run 30 mins easy. TOTAL: 30 MINS	BEGIN AGAIN WITH DAVINA MCCALL Ready for change? Davina McCall speaks with brave people who've stepped outside their comfort zones, sharing raw, uplifting stories that inspire you to take risks and build a life you love. Listen now	THE SESSION Run 5 mins easy. Run 3 mins steady, walk/jog 2 mins to recover – repeat 5 times. Run 5 mins easy. TOTAL: 35 MINS	MOVEMENT COULD HELP CALM YOUR MIND Discover how physical activity can help ease anxious thoughts and support your mental wellbeing. Read now	THE SESSION Run 25 mins easy, walk 3 mins, walk/run 25 mins. TOTAL: 53 MINS
WEEK 6	KEEP GOING You've made it this far – celebrate and build on the momentum you've created	THE SESSION Run 35 mins easy. TOTAL: 35 MINS	THE ENDURANCE ARTIST (AUDIOBOOK) Step inside the extreme world of ultrarunning and its mysterious creator, Lazarus Lake. A fascinating exploration of limits, pain, and resilience that challenges how we think about human potential. Listen now	THE SESSION Run 10 mins easy. Run 4 mins steady, walk/jog 1 min – repeat 5 times. Run 10 mins easy. TOTAL: 45 MINS	WHEN MOTIVATION DIPS, WHAT KEEPS YOU GOING? Vitality shares simple ways to stay inspired and on track with your goals. Read now	THE SESSION Run 30 mins easy, walk/run 30 mins. TOTAL: 60 MINS Why not volunteer at your local parkrun this morning for some feel-good vibes? Find out how here!
WEEK 7	GET CREATIVE Take time this week to do something creative. You can always head to Fashion Enter for a free repair and upcycling session .	THE SESSION Run 35 mins easy. TOTAL: 35 MINS	GOOD ANGER (AUDIOBOOK) Rethink everything you've been told about anger. Learn how embracing, understanding and channelling anger can fuel confidence, improve relationships and unlock strength rather than suppressing it. Listen now	THE SESSION Run 10 mins easy. Run 5 mins steady, walk/jog 30 secs – repeat 6 times. Run 10 mins easy. TOTAL: 53 MINS	HYDRATE THE RIGHT WAY How to hydrate before, during and after your runs so you stay energised. Read now	THE SESSION Run 40 mins, walk/run 30 mins. TOTAL: 70 MINS
WEEK 8	EXPLORE NEW ROUTES Break the routine – new training routes bring fresh motivation as Event Day gets closer.	THE SESSION Run 40 mins easy. TOTAL: 40 MINS	POWER HOUR Expect powerful conversations on habits and mindset. Adrienne Herbert interviews high achievers to uncover practical routines and motivation. Listen now	THE SESSION Run 10 mins easy. Run 6 mins steady, walk/jog 30 secs – repeat 6 times. Run 10 mins easy. TOTAL: 59 MINS	NERVES ARE NORMAL BEFORE EVENT DAY Learn how to manage pre-run nerves and feel more prepared at the Start Line. Read now	THE SESSION Run 70 mins – it's OK to include short walk breaks if you wish! TOTAL: 70 MINS
WEEK 9	BUILD BETTER HABITS Habit stacking is a great way to complement your training. To start, try these three simple breathwork techniques .	THE SESSION Run 20 mins easy. TOTAL: 20 MINS	BREATH (AUDIOBOOK) Learn how something as simple as breathing can transform your health. James Nestor uncovers techniques that improve sleep, performance, and wellbeing. Listen now	THE SESSION Run 10 mins easy. Run 10 mins steady, run 2 mins easy – repeat 3 times. Run 10 mins easy. TOTAL: 56 MINS	BETTER SLEEP COULD BE YOUR TRAINING SECRET Learn why quality sleep is an essential part of your 10K training plan. Read now	THE SESSION Run 50 mins easy. TOTAL: 50 MINS
WEEK 10	IT'S EVENT WEEK! You're nearly there – fuel well, sleep deep, stay hydrated, and get excited... it's almost go time!	THE SESSION Run 30 mins easy. TOTAL: 30 MINS	HAPPY PLACE WITH FEARNE COTTON Fearne Cotton explores what happiness really means through honest, emotional conversations with inspiring guests, offering practical ways to feel better daily. Listen now	THE SESSION Run 20 mins easy. TOTAL: 20 MINS Here it is, your last session of the plan – we know you'll smash it!	YOU'VE MADE IT – 10K-READY! Make sure Event Day runs smoothly with these three essentials you won't want to forget. Read now	GOOD LUCK Now it's time for the victory lap! Eat well, sleep well and stay hydrated so you're raring to go.