

# 10 to 10K WEEKS



## Different types of training

**Easy Push**  
An easy push builds stamina by increasing the time you spend in your chair. Focus on completing the distance or duration at a comfortable pace, slightly quicker than your everyday pushing speed.

**Steady Push**  
A steady push helps prepare you for Event Day by building endurance at a sustainable pace. Aim for an effort you can maintain throughout the session, adjusting your speed to suit the route and conditions.

|         | GETTING STARTED                                                                                                                                                                                       | TRAINING DAY                                                            | SOUNDTRACK YOUR RUN                                                                                                                                                                                                                                                                                    | TRAINING DAY                                                                                                                                                             | RUN READY WITH VITALITY                                                                                                                                                    | TRAINING DAY                                                                                                                                                                    |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1  | <b>LETS GO!</b><br>Your 10K journey starts now. Why not use this first week to gather inspiration from others and discover what motivates you?                                                        | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 20 MINS</b> | <b>STRANGERS ON A BENCH</b><br><br>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.<br><br><b>Listen now</b> | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 30 MINS</b>                                                                                                  | <b>START STRONG</b><br><br>Vitality shares five training tips to help you feel confident throughout your 10K plan.<br><br><b>Read now</b>                                  | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>5 KILOMETRES</b>                                                                                                           |
| WEEK 2  | <b>FUEL PROPERLY</b><br>Stronger body, sharper mind – add flavour to your meals and try something new, like a <b>cooking class with Migrateful</b> .                                                  | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 20 MINS</b> | <b>THE START LINE</b><br><br>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.<br><br><b>Listen now</b>                                           | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 30 MINS</b>                                                                                                  | <b>FUELLING THE RIGHT WAY CAN MAKE ALL THE DIFFERENCE</b><br><br>Sports nutritionist Ryan James shares the most common mistakes to avoid.<br><br><b>Read now</b>           | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>5 KILOMETRES</b>                                                                                                           |
| WEEK 3  | <b>TRAIN SMARTER</b><br>Grab a friend for a cross-training class such as <b>reformer Pilates</b> or join a run club and make miles more fun.                                                          | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 25 MINS</b> | <b>FIND YOUR PACE (AUDIOBOOK)</b><br><br>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.<br><br><b>Listen now</b>              | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 35 MINS</b>                                                                                                  | <b>WHY GETTING ACTIVE TOGETHER COULD BE THE BEST MOTIVATOR</b><br><br>Find out how a friend can help you stay motivated and build healthier habits.<br><br><b>Read now</b> | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>6 KILOMETRES</b>                                                                                                           |
| WEEK 4  | <b>RESPECT RECOVERY</b><br>We often associate gains with time spent training, but true progress happens during recovery. To start, factor in these <b>easy ways to reset</b> .                        | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 25 MINS</b> | <b>STOMPCAST</b><br><br>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.<br><br><b>Listen now</b>                                     | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 40 MINS</b>                                                                                                  | <b>RECOVERY DOESN'T HAVE TO BE COMPLICATED</b><br><br>We bust five common myths and share smarter ways to help you bounce back.<br><br><b>Read now</b>                     | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>7 KILOMETRES</b>                                                                                                           |
| WEEK 5  | <b>TRY SOMETHING</b><br>That thing you've been putting off? Start it this week – fresh energy fuels your training too.                                                                                | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 30 MINS</b> | <b>BEGIN AGAIN WITH DAVINA MCCALL</b><br><br>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.<br><br><b>Listen now</b>                                    | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 45 MINS</b>                                                                                                  | <b>MOVEMENT COULD HELP CALM YOUR MIND</b><br><br>Discover how physical activity can help ease anxious thoughts and support your mental wellbeing.<br><br><b>Read now</b>   | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>8 KILOMETRES</b>                                                                                                           |
| WEEK 6  | <b>KEEP GOING</b><br>You've made it this far – celebrate and build on the momentum you've created                                                                                                     | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 30 MINS</b> | <b>THE ENDURANCE ARTIST (AUDIOBOOK)</b><br><br>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.<br><br><b>Listen now</b>                          | <b>THE SESSION</b><br><br><b>Easy/Steady Push</b><br><br>10 mins easy<br>1 min fast, 1 min easy x 10<br>10 mins easy<br><br><b>TOTAL: 40 MINS</b>                        | <b>WHEN MOTIVATION DIPS, WHAT KEEPS YOU GOING?</b><br><br>Vitality shares simple ways to stay inspired and on track with your goals.<br><br><b>Read now</b>                | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>9 KILOMETRES</b>                                                                                                           |
| WEEK 7  | <b>GET CREATIVE</b><br>Whether it's taking pictures or upcycling, take time this week to do something creative. You can always head to Fashion Enter for a free <b>repair and upcycling session</b> . | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 35 MINS</b> | <b>GOOD ANGER (AUDIOBOOK)</b><br><br>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.<br><br><b>Listen now</b>                                     | <b>THE SESSION</b><br><br><b>Easy/Steady Push</b><br><br>10 mins easy<br>1 min fast, 1 min easy x 5<br>10 mins easy<br><br><b>TOTAL: 30 MINS</b>                         | <b>HYDRATE THE RIGHT WAY</b><br><br>How to hydrate before, during and after your runs so you stay energised.<br><br><b>Read now</b>                                        | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>5 KILOMETRES</b>                                                                                                           |
| WEEK 8  | <b>EXPLORE NEW ROUTES</b><br>Break the routine – new training routes bring fresh motivation as Event Day gets closer.                                                                                 | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 40 MINS</b> | <b>POWER HOUR</b><br><br>Expect powerful conversations on habits and mindset. Adrienne Herbert interviews high achievers to uncover practical routines and motivation.<br><br><b>Listen now</b>                                                                                                        | <b>THE SESSION</b><br><br><b>Steady Push</b><br><br><b>TOTAL: 50 MINS</b>                                                                                                | <b>NERVES ARE NORMAL BEFORE EVENT DAY</b><br><br>Learn how to manage pre-run nerves and feel more prepared at the Start Line.<br><br><b>Read now</b>                       | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>10 KILOMETRES</b>                                                                                                          |
| WEEK 9  | <b>BUILD BETTER HABITS</b><br>Habit stacking is a great way of adding tiny sustainable habits into your routine. To start, try these <b>three simple breathwork techniques</b> .                      | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 20 MINS</b> | <b>BREATH (AUDIOBOOK)</b><br><br>Learn how something as simple as breathing can transform your health. James Nestor uncovers techniques that improve sleep, performance, and wellbeing.<br><br><b>Listen now</b>                                                                                       | <b>THE SESSION</b><br><br><b>Steady Push</b><br><br><b>TOTAL: 30 MINS</b>                                                                                                | <b>BETTER SLEEP COULD BE YOUR TRAINING SECRET</b><br><br>Learn why quality sleep is an essential part of your 10K training plan.<br><br><b>Read now</b>                    | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>5 KILOMETRES</b>                                                                                                           |
| WEEK 10 | <b>IT'S EVENT WEEK!</b><br>You're nearly there – fuel well, sleep deep, stay hydrated, and get excited... it's almost go time!                                                                        | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br><b>TOTAL: 30 MINS</b> | <b>HAPPY PLACE WITH FEARNE COTTON</b><br><br>Fearne Cotton explores what happiness really means through honest, emotional conversations with inspiring guests, offering practical ways to feel better daily.<br><br><b>Listen now</b>                                                                  | <b>THE SESSION</b><br><br><b>Easy Push</b><br><br>Here it is, your last session of the plan – enjoy it and be proud of how far you've come!<br><br><b>TOTAL: 20 MINS</b> | <b>YOU'VE MADE IT – 10K-READY!</b><br><br>Make sure Event Day runs smoothly with these three essentials you won't want to forget.<br><br><b>Read now</b>                   | <b>GOOD LUCK</b><br>You've done the hard work, tomorrow is the victory lap! Eat well, sleep well and stay hydrated today so you're raring to go for the Vitality London 10,000. |