

# MoreFun2Run Training schedule

8-weeks plan "5 to 10km"

[www.morefun2run.com](http://www.morefun2run.com)

PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	rest / active recovery	5 min walk, 15x interval of "1 min walk & 1 min run", 5 min walk (Total training time 46 min)	rest / active recovery	5 min walk, 15x interval of "1 min walk & 1 min run", 5 min walk (Total training time 40 min)	30 min brisk walk	rest / active recovery	5 min walk, 18x interval of "1 min walk & 1 min run", 5 min walk (Total training time 46 min)
week 2	rest / active recovery	5 min walk, 10x interval of "1 min walk & 2 min run", 5 min walk (Total training time 40 min)	30 min easy walk - rest & active recovery	5 min walk, 5x interval of "1 min walk & 2 min run", 5 min walk (Total training time 40 min)	35 min brisk walk	30 min easy walk - rest & active recovery	5 min walk, 12x interval of "1 min walk & 2 min run", 5 min walk (Total training time 46 min)
week 3	rest / active recovery	5 min walk, 8x interval of "3 min run & 1 min walk", 5 min walk (Total training time 42 min)	30 min easy walk - rest & active recovery	5 min walk, 8x interval of "3 min run & 1 min walk", 5 min walk (Total training time 42 min)	40 min brisk walk	30 min easy walk - rest & active recovery	5 min walk, 11x interval of "3 min run & 1 min walk", 5 min walk (Total training time 54 min)
week 4	rest / active recovery	5 min walk, 8x interval of "4 min run & 1 min walk", 5 min walk (Total training time 50 min)	30 min easy walk - rest & active recovery	5 min walk, 8x interval of "4 min run & 1 min walk", 5 min walk (Total training time 50 min)	45 min brisk walk	30 min easy walk - rest & active recovery	Run 4km (2.5 miles) easy pace
week 5	rest / active recovery	Run 30 min	30 min easy walk - rest & active recovery	Run 30 min	50 min brisk walk	30 min easy walk - rest & active recovery	Run 5.5km (3.5 miles) easy pace
week 6	rest / active recovery	Run 35 min	30 min easy walk - rest & active recovery	Run 35 min	55 min brisk walk	30 min easy walk - rest & active recovery	Run 6.5 km (4 miles) easy pace
week 7	rest / active recovery	Run 40 min	30 min easy walk - rest & active recovery	Run 40 min	60 min brisk walk	30 min easy walk - rest & active recovery	Run 8 km (5 miles) easy pace
week 8	rest / active recovery	Run 35 min	30 min easy walk - rest & active recovery	Run 30 min	30 min brisk walk	30 min easy walk - rest & active recovery	<b>RUN YOUR BEST 10K!</b> (6.2 miles)

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