



# GET RUN READY WITH BUBBA ALI

**CENTRA**  
**RUN**  
TOGETHER

## 10K TRAINING PLAN

The 10k Plan is based on a mixture of Hills, Flats and Longer, Steady Runs plus a Strength Session 1-2 days per week.

DO MAKE SURE TO WARM UP AND STRETCH BEFORE ALL TRAINING DAYS.

### WEEK ONE

<b>MONDAY</b>	4KM WALK
<b>TUESDAY</b>	LIGHT STRENGTH
<b>WEDNESDAY</b>	3KM RUN
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	LIGHT STRENGTH
<b>SATURDAY</b>	4KM RUN SLOW
<b>SUNDAY</b>	REST

### WEEK TWO

<b>MONDAY</b>	4KM WALK
<b>TUESDAY</b>	LIGHT STRENGTH
<b>WEDNESDAY</b>	3KM RUN
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	LIGHT STRENGTH
<b>SATURDAY</b>	4KM RUN SLOW
<b>SUNDAY</b>	REST

### WEEK THREE

<b>MONDAY</b>	6KM WALK
<b>TUESDAY</b>	LIGHT STRENGTH
<b>WEDNESDAY</b>	5KM RUN
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	LIGHT STRENGTH
<b>SATURDAY</b>	6KM RUN SLOW
<b>SUNDAY</b>	REST

### WEEK FOUR

<b>MONDAY</b>	8KM WALK
<b>TUESDAY</b>	LIGHT STRENGTH
<b>WEDNESDAY</b>	7KM RUN
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	LIGHT STRENGTH
<b>SATURDAY</b>	8KM RUN SLOW
<b>SUNDAY</b>	REST

### WEEK FIVE

<b>MONDAY</b>	9KM WALK
<b>TUESDAY</b>	LIGHT STRENGTH
<b>WEDNESDAY</b>	8KM RUN
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	LIGHT STRENGTH
<b>SATURDAY</b>	9KM RUN SLOW
<b>SUNDAY</b>	REST

### WEEK SIX

<b>MONDAY</b>	10KM WALK
<b>TUESDAY</b>	LIGHT STRENGTH
<b>WEDNESDAY</b>	9KM RUN
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	LIGHT STRENGTH
<b>SATURDAY</b>	10KM RUN SLOW
<b>SUNDAY</b>	REST

GOOD LUCK...  
START STEADY...  
RUN HARD.

20<sup>th</sup>  
OCT

9.30<sup>am</sup>  
ORMEAU PARK  
BELFAST