

Running Plan Summary

Plan Overview

Gradual walk-run to continuous running, three to four weekly runs, one longer morning run, tempo and strength sessions, and progressive mileage increases for safe race readiness.

Success Assessment



Target is realistic with consistent training over 91 days, but low baseline fitness, higher body mass and injury risk reduce likelihood; gradual progression and adherence determine success.

Things to Consider

Increase consistency, include strength training, prioritize sleep and protein, add low-impact cross-training, lose weight gradually, and consult a healthcare professional before beginning.

Plan Request Details

Running Target

PLAN START DATE

March 10, 2025

RACE TYPE

10K

RACE DATE

June 8, 2025

TARGET TIME

1 hours 0 minutes

Personal Details

YEAR OF BIRTH

1981

GENDER

FEMALE

HEIGHT

176 cm

WEIGHT

89 kg

FITNESS LEVEL

LOW

Additional Info and Preferences

My main goal is to get into shape before start of summer. Most of running will be done in early morning.

Training Schedule

Monday, 10 Mar 2025 Easy Run

Easy morning walk-run 25 to 35 minutes. Alternate 3 minutes walk with 2 minutes jogging if needed. Focus on comfortable breathing.
Goal: Build aerobic base gently and adapt joints to running for consistent training foundation and reduce injury risk.

Tuesday, 11 Mar 2025 Strength

20 to 30 minutes of bodyweight strength. Include squats lunges glute bridges planks and calf raises. Controlled tempo and good form.
Goal: Improve muscular strength and stability to support running form and reduce injury risk during upcoming training weeks.

Wednesday, 12 Mar 2025 Recovery Walk

45 minutes brisk walking with short easy jogging pickups for 30 to 60 seconds twice. Keep effort conversational.
Goal: Promote recovery while maintaining movement. Reduce muscle soreness and prepare for quality sessions later in the week.

Thursday, 13 Mar 2025 Tempo Introduction

25 minutes total. Warm up 10 minutes easy then 10 minutes steady tempo at comfortable hard pace then cool down. Use walk breaks if needed.
Goal: Introduce sustained faster effort to improve lactate threshold and pace confidence for the 10K goal.

Friday, 14 Mar 2025 Easy Run

Easy morning run or walk-run 30 to 40 minutes. Keep heart rate low and breathing easy. Prioritize relaxed cadence and posture.
Goal: Accumulate easy aerobic time to increase endurance without excess fatigue. Build consistency early in the plan.

Saturday, 15 Mar 2025 Long Run

Long morning walk-run 50 to 65 minutes. Alternate running segments with walking as needed. Maintain slow conversational pace and hydrate well.
Goal: Develop endurance and time-on-feet. Teach pacing and fueling for longer efforts while keeping intensity low and safe.

Sunday, 16 Mar 2025 Rest

Full rest day. No structured exercise. Gentle mobility and short walks as wanted. Prioritize sleep and hydration.
Goal: Allow supercompensation and recovery after the first training week. Reduce fatigue and lower injury risk.

Monday, 17 Mar 2025 Easy Run

Easy 30 to 40 minutes run or brisk walk-run. Focus on steady comfortable pace and relaxed breathing throughout the session.
Goal: Continue building aerobic capacity and reinforce running habit with low injury risk.

Tuesday, 18 Mar 2025 Intervals

Warm up 10 minutes. 6 x 1 minute faster running with 90 seconds easy walking or jogging between. Cool down 10 minutes. Controlled effort.
Goal: Introduce short high quality intervals to improve speed and running economy without excessive volume.

Wednesday, 19 Mar 2025 Recovery Walk

40 to 50 minutes easy walking. Include gentle mobility and 2 to 3 short 20 second easy jogging strides if feeling good.
Goal: Facilitate recovery following intervals while maintaining movement and preparing for the next harder session.

Thursday, 20 Mar 2025 Progression Run

35 to 45 minutes. Start very easy and gradually increase pace each 10 minutes finishing at a comfortably hard pace. Walk breaks allowed.
Goal: Train the ability to finish strong. Develop pacing skills and raise sustainable speed for race distance.

Friday, 21 Mar 2025 Easy Run

Easy morning run 30 to 45 minutes. Maintain low intensity and relaxed effort. Focus on good posture and cadence.
Goal: Add steady aerobic time to increase weekly load safely while promoting recovery from the previous hard day.

Saturday, 22 Mar 2025 Long Run

Long walk-run 60 to 75 minutes. Use run-walk approach as needed. Keep overall effort easy and controlled. Practice morning routine and hydration.
Goal: Increase endurance gradually. Reinforce fueling, pacing, and morning running habit for race readiness.

Sunday, 23 Mar 2025 Rest

Complete rest day. Gentle stretching or short mobility if desired. Prioritize recovery and sleep quality.
Goal: Enable adaptation from higher weekly load and reduce cumulative fatigue while lowering injury risk.

Monday, 24 Mar 2025 Easy Run

Easy 35 to 45 minutes run or walk-run. Concentrate on comfortable breathing and relaxed effort. Avoid any speed surges.
Goal: Maintain aerobic base and consistency while recovering from the long run and strength sessions.

Tuesday, 25 Mar 2025 Hills Strength

Warm up 10 minutes then 6 x 30 second uphill brisk efforts with easy walk back recovery. Cool down 10 minutes. Focus on form.
Goal: Build leg strength, power, and running economy while keeping sessions short and controlled to limit injury risk.

Wednesday, 26 Mar 2025 Recovery Walk

30 to 45 minutes easy walking with light mobility. If legs feel good include three 20 second easy strides. Keep intensity very low.
Goal: Promote recovery and remove residual stiffness. Prepare for tomorrow's steady effort without overloading.

Thursday, 27 Mar 2025 Tempo Run

Warm up 10 minutes then 12 to 15 minutes steady tempo at comfortably hard pace. Cool down 8 to 10 minutes. Walk breaks acceptable.
Goal: Improve sustained race pace strength and lactate tolerance to move closer to consistent 10K pacing ability.

Friday, 28 Mar 2025 Easy Run

Easy run or run-walk 30 to 40 minutes. Keep effort conversational and comfortable. Focus on relaxed breathing and stride efficiency.
Goal: Provide easy aerobic volume and recovery after the tempo session while maintaining training consistency.

Saturday, 29 Mar 2025 Long Run

Long morning walk-run 70 to 85 minutes. Maintain very easy pace. Use planned walk breaks and hydrate. Practice morning schedule and fueling.
Goal: Continue progressive endurance building and teach energy management for longer efforts in preparation for race demands.

Sunday, 30 Mar 2025 Strength

25 to 35 minutes focused strength session. Include squats single leg movements core work and hip stability drills. Controlled tempo and full range.
Goal: Increase muscular resilience and stability to support increased running volume and reduce risk of overuse injury.

Monday, 31 Mar 2025 Rest

Full rest day. Gentle walking or mobility if desired. Focus on sleep nutrition and recovery habits to support training progression.
Goal: Allow body to recover from three-week load. Consolidate gains and reduce injury risk as volume increases.

Tuesday, 01 Apr 2025 Easy Run

Easy morning run 35 to 45 minutes. Keep pace comfortable. Include light strides in last five minutes if feeling fresh. Avoid pushing too hard.
Goal: Maintain aerobic load while practicing morning routine and ensuring freshness before midweek quality sessions.

Wednesday, 02 Apr 2025 Intervals

Warm up 10 minutes then 5 x 2 minute efforts at moderately hard pace with 2 to 3 minute easy recoveries. Cool down 10 minutes.
Goal: Improve aerobic power and tolerance to faster paces. Progress pacing ability without excessive volume early in plan.

Thursday, 03 Apr 2025 Recovery Walk

40 minutes easy walking plus mobility. Keep effort light and relaxing. No structured running. Allow legs to feel restored.
Goal: Active recovery to clear fatigue from intervals and support consistent training across weeks.

Friday, 04 Apr 2025 Progression Run

40 to 50 minutes. Start very easy then gradually increase pace every 10 minutes. Finish near moderate-hard but controlled pace. Walk breaks okay.
Goal: Train ability to increase pace late in efforts. Simulate finishing strength needed for a strong 10K finish.

Saturday, 05 Apr 2025 Easy Run

Easy run or run-walk 30 to 40 minutes. Focus on relaxed technique and consistent breathing. Keep heart rate low.

Goal: Consolidate aerobic base and maintain weekly mileage without creating additional fatigue before the upcoming long run.

Sunday, 06 Apr 2025 Long Run

Long morning walk-run 80 to 90 minutes. Steady very easy pace. Use walk breaks and practice hydration and breakfast timing for morning runs.

Goal: Peak weekly endurance session in this segment. Reinforce pacing, fueling and mental readiness for longer efforts.

Monday, 07 Apr 2025 Rest

Complete rest day. Gentle mobility and short walks only. Prioritize recovery and sleep to prepare for next training block.

Goal: Allow recovery from increased long run duration. Support adaptation and reduce injury risk ahead of next phase.

Tuesday, 08 Apr 2025 Easy Run

Easy 30 to 40 minutes run or walk-run. Keep effort conversational and relaxed. Include 4 easy 20 second strides at the end if desired.

Goal: Maintain consistency while allowing recovery. Preserve fitness and readiness for the next segment of training.

Wednesday, 09 Apr 2025 Strength and Mobility

20 to 30 minutes of light strength and mobility. Focus on hip glute core stability and calf flexibility. Keep intensity low and controlled.

Goal: Build resilience and maintain mobility to support upcoming higher quality sessions and reduce chance of injury.

Thursday, 10 Apr 2025 Easy Run

Easy 30 to 40 minute run or run walk in the morning. Keep effort conversational and comfortable. Include 4 easy 20 second strides.

Goal: Maintain aerobic base while allowing recovery from previous block. Prepare body for upcoming quality sessions and consistent weekly training.

Friday, 11 Apr 2025 Rest

Complete rest day. Gentle mobility and short walks only. Prioritize sleep and hydration to aid recovery for weekend long run.

Goal: Allow muscles and connective tissue to recover. Reduce injury risk and consolidate fitness gains from earlier sessions.

Saturday, 12 Apr 2025 Long Run

Long morning walk run 70 to 85 minutes. Use frequent walk breaks as needed. Practice morning nutrition and hydration routine.

Goal: Build endurance and time on feet. Develop confidence for longer sustained efforts needed to complete a 10K without undue fatigue.

Sunday, 13 Apr 2025 Recovery Walk

35 to 45 minutes easy walking plus mobility. Keep intensity very light. Focus on restoring movement and reducing stiffness after long run.

Goal: Active recovery to clear fatigue. Promote circulation and mobility while preserving readiness for midweek quality work.

Monday, 14 Apr 2025 Strength and Mobility

20 to 30 minutes focusing on hip glute core stability and calf flexibility. Use controlled loads and slow movements. No heavy loading.

Goal: Increase musculoskeletal resilience to support running. Improve posture and reduce injury risk during upcoming higher intensity sessions.

Tuesday, 15 Apr 2025 Intervals

Warm up 10 minutes. 6 x 90 second moderately hard efforts with 2 to 3 minute easy recoveries. Cool down 10 minutes.

Goal: Improve aerobic power and tolerance for faster paces. Teach pacing and recovery management for race pace efforts.

Wednesday, 16 Apr 2025 Easy Run

Easy 30 minute run or run walk in the morning. Keep breathing relaxed and maintain easy conversational effort.

Goal: Promote recovery while maintaining weekly mileage. Reinforce relaxed technique and aerobic base after interval session.

Thursday, 17 Apr 2025 Progression Run

40 to 50 minutes. Start very easy. Increase pace every 10 minutes. Finish at comfortably hard pace. Walk breaks OK.

Goal: Train ability to finish strong and handle surges. Build confidence pacing and sustained faster efforts for later race stages.

Friday, 18 Apr 2025 Rest

Complete rest day. Gentle mobility and short walks only. Focus on sleep and light stretching to prepare for longer weekend session.
Goal: Allow recovery and adaptation. Reduce accumulated fatigue and lower injury risk before long run.

Saturday, 19 Apr 2025 Long Run

Long morning walk run 80 to 95 minutes. Keep pace very easy. Use planned walk breaks and practice hydration timing and snacks.
Goal: Continue building endurance and confidence. Reinforce nutrition and pacing strategies for longer consistent efforts.

Sunday, 20 Apr 2025 Recovery Walk

30 to 40 minutes easy walking with mobility and breathing drills. Keep effort light and restorative.
Goal: Support tissue recovery after long run. Promote circulation and prepare muscles for midweek strength work.

Monday, 21 Apr 2025 Strength and Mobility

25 to 30 minutes of strength focused on squat hip hinge single leg glute and core stability. Keep tempo controlled.
Goal: Increase strength endurance and running economy. Build resilience to reduce injury risk and support faster workouts.

Tuesday, 22 Apr 2025 Tempo Run

Warm up 10 minutes. 20 minutes at comfortably hard steady tempo pace. Cool down 10 minutes. Use walk breaks if needed.
Goal: Improve ability to sustain moderately hard pace. Raise lactate threshold and pacing ability for stronger 10K performance.

Wednesday, 23 Apr 2025 Easy Run

Easy 30 to 35 minute run or run walk at conversational pace. Keep cadence steady and form relaxed.
Goal: Aid recovery while maintaining aerobic conditioning. Reinforce consistent morning routine and low injury risk training.

Thursday, 24 Apr 2025 Hills

Warm up 10 minutes. 6 x 45 second uphill efforts at strong form focus with easy jog back recovery. Cool down 10 minutes.
Goal: Build leg strength and running form. Improve power and uphill economy which transfers to finishing strength in races.

Friday, 25 Apr 2025 Rest

Complete rest day. Gentle mobility and walking only. Prioritize sleep and light stretching to recover from hill session.
Goal: Enable recovery and tissue repair. Reduce fatigue accumulation and prepare for next long run.

Saturday, 26 Apr 2025 Long Run

Long morning walk run 85 to 100 minutes. Keep pace very easy. Practice steady fueling and hydration strategies for morning efforts.
Goal: Consolidate endurance and practice race morning routine. Increase mental toughness for sustained efforts.

Sunday, 27 Apr 2025 Recovery Walk

35 to 40 minutes easy walking plus gentle mobility. Keep intensity low and restorative.
Goal: Promote circulation and recovery. Clear residual fatigue and prepare muscles for strength and interval training.

Monday, 28 Apr 2025 Strength and Mobility

20 to 30 minutes. Focus on single leg stability glute strength and gentle calf mobility. Controlled tempo and breathing.
Goal: Maintain strength gains and reduce injury risk. Support efficient running mechanics for upcoming harder sessions.

Tuesday, 29 Apr 2025 Intervals

Warm up 10 minutes. 5 x 2 minute moderately hard efforts with 2 to 3 minute easy recoveries. Cool down 10 minutes.
Goal: Develop speed endurance and aerobic capacity. Improve tolerance of sustained faster efforts near race pace.

Wednesday, 30 Apr 2025 Easy Run

Easy 30 to 35 minute run or run walk in the morning. Keep effort conversational. Include 4 easy 20 second strides at the end if desired.
Goal: Recover from intervals while maintaining weekly volume. Reinforce relaxed form and consistent training habit.

Thursday, 01 May 2025 Progression Run

40 minutes. Start very easy then gradually increase pace each 10 minutes. Finish at moderate hard but controlled pace. Walk breaks OK.
Goal: Train finishing speed and pacing judgment. Simulate late race effort and improve ability to accelerate when fatigued.

Friday, 02 May 2025 Rest

Complete rest day. Gentle mobility and short walks only. Prioritize sleep and light stretching to support recovery leading into final build.
Goal: Allow recovery and consolidation of training. Lower risk of overuse injury and prepare for upcoming key sessions.

Saturday, 03 May 2025 Long Run

Long morning walk run 70 to 85 minutes. Slightly shorter than earlier peaks. Keep pace very easy and use walk breaks as needed.
Goal: Maintain endurance while beginning gradual reduction in load. Practice race morning routine and steady nutrition.

Sunday, 04 May 2025 Recovery Walk

30 to 40 minutes easy walking and mobility work. Keep effort gentle and restorative to support tapering.
Goal: Facilitate recovery and reduce fatigue. Prepare body for final quality sessions while lowering overall load.

Monday, 05 May 2025 Strength and Mobility

20 minutes light strength focusing on mobility and core. Reduce load and avoid heavy fatigue. Controlled and deliberate movements only.
Goal: Preserve strength and movement quality while tapering. Reduce neuromuscular fatigue before final hard efforts.

Tuesday, 06 May 2025 Race Pace Intervals

Warm up 10 minutes. 6 x 90 second efforts at goal 10K race pace with 2 minute easy recoveries. Cool down 10 minutes.
Goal: Sharpen pacing and neuromuscular timing for race pace. Build confidence in sustaining target pace with controlled efforts.

Wednesday, 07 May 2025 Easy Run

Easy 25 to 30 minute run or run walk. Keep effort conversational and relaxed. Focus on good running form and breathing.
Goal: Promote recovery after race pace work. Maintain fitness without adding fatigue before final rest day of segment.

Thursday, 08 May 2025 Strides

Easy 20 to 25 minute run including 6 to 8 x 20 second fast but controlled strides with full recovery between each.
Goal: Maintain turnover and leg speed while keeping overall load low. Prepare body for sharper efforts in next segment.

Training Schedule (continued)

Friday, 09 May 2025 Rest

Complete rest day. Gentle mobility and short walks only. Prioritize sleep and hydration before starting the final training segment toward race.

Goal: Full recovery to allow adaptation. Reduce injury risk and ensure freshness for next higher specificity block.

Saturday, 10 May 2025 Long Run

Morning easy long walk-run 45 to 55 minutes. Use regular walk breaks. Keep breathing easy and relaxed throughout.

Goal: Build aerobic endurance and time on feet. Strengthen endurance for sustaining easy race pace during the event.

Sunday, 11 May 2025 Recovery Walk

30 to 40 minutes very easy walking and mobility. Focus on gentle movement and short stretching afterwards.

Goal: Flush fatigue from long run and promote recovery. Maintain routine without adding training stress.

Monday, 12 May 2025 Easy Run

Easy 25 to 30 minute run or run walk. Keep effort conversational and controlled. Focus on good posture and cadence.

Goal: Active recovery while maintaining weekly consistency. Build base fitness without excessive fatigue.

Tuesday, 13 May 2025 Intervals

Warm up 10 minutes. 5 x 2 minute faster efforts with 2 to 3 minute easy recovery. Cool down 8 to 10 minutes.

Goal: Improve speed endurance and neuromuscular control. Practice controlled faster efforts without causing heavy fatigue.

Wednesday, 14 May 2025 Strength and Mobility

20 to 25 minutes light strength focusing on core, glutes and hip mobility. Bodyweight and controlled movements only.

Goal: Build durable strength and improve running mechanics. Reduce injury risk and support improved economy.

Thursday, 15 May 2025 Easy Run with Strides

Easy 20 to 25 minute run including 6 x 20 second strides with full recovery between each.

Goal: Maintain leg turnover and form while keeping overall load low. Prepare for weekend long run.

Friday, 16 May 2025 Rest

Complete rest day. Gentle mobility and short walks only. Prioritize sleep and hydration.

Goal: Allow recovery and consolidation after week. Reduce injury risk before next long run.

Saturday, 17 May 2025 Long Run

Morning long walk-run 55 to 65 minutes. Keep pace very easy. Use walk breaks as needed and hydrate.

Goal: Increase aerobic capacity and build confidence in longer efforts. Practice fueling and morning routine.

Sunday, 18 May 2025 Recovery Walk

30 minutes easy walking and gentle stretching. Keep intensity very low and prioritize comfort.

Goal: Promote recovery and reduce soreness. Maintain movement without adding training stress.

Monday, 19 May 2025 Easy Run

Easy 30 minutes run or run walk. Keep effort conversational. Focus on steady breathing and relaxed stride.

Goal: Maintain aerobic base and consistency while avoiding excessive fatigue. Support gradual progression.

Tuesday, 20 May 2025 Tempo

Warm up 10 minutes. 15 minutes steady tempo at comfortably hard effort. Cool down 8 to 10 minutes.

Goal: Improve sustained pace fitness and lactate tolerance. Practice holding stronger efforts relevant to race pace.

Wednesday, 21 May 2025 Strength and Mobility

25 minutes of low load strength. Include single leg balance, glute work and core stability. Controlled tempo.

Goal: Build resilience and running-specific strength. Reduce injury risk and improve efficiency.

Thursday, 22 May 2025 **Easy Run with Strides**

Easy 25 minute run including 6 to 8 x 20 second strides. Recover fully between strides.

Goal: Reinforce turnover and efficient form. Keep session short to preserve freshness for weekend.

Friday, 23 May 2025 **Rest**

Full rest day. Gentle mobility and short walks only. Focus on sleep and hydration.

Goal: Allow full recovery before next long run and maintain freshness for quality sessions.

Saturday, 24 May 2025 **Long Run**

Morning long walk-run 60 to 70 minutes. Keep pace very easy and include planned walk breaks.

Goal: Continue building endurance while monitoring fatigue. Practice nutrition and comfortable pacing.

Sunday, 25 May 2025 **Recovery Walk**

30 to 40 minutes easy walking and mobility. Gentle pace and breathing focus.

Goal: Support recovery from long run. Reduce muscle stiffness and maintain light activity.

Monday, 26 May 2025 **Easy Run**

Easy 30 to 35 minute run or run walk. Keep effort conversational and relaxed. Focus on cadence.

Goal: Sustain aerobic base and consistency while limiting stress. Prepare for midweek intervals.

Tuesday, 27 May 2025 **Intervals**

Warm up 10 minutes. 6 x 90 second efforts at moderately hard pace with 2 minute easy recovery. Cool down 8 to 10 minutes.

Goal: Sharpen speed and race pace feel. Improve ability to handle faster efforts safely.

Wednesday, 28 May 2025 **Strength and Mobility**

20 to 25 minutes focused strength and mobility. Prioritize hips, posterior chain and core. Controlled effort.

Goal: Maintain functional strength and movement quality for efficient running and injury prevention.

Thursday, 29 May 2025 **Easy Run with Strides**

Easy 20 to 25 minute run including 6 x 20 second strides. Walk or easy jog recovery.

Goal: Keep legs sharp and prepare for final week of training. Keep session low stress.

Friday, 30 May 2025 **Rest**

Complete rest day. Gentle mobility and short walks only. Prioritize sleep and recovery.

Goal: Allow adaptation and reduce accumulated fatigue before final build and taper week.

Saturday, 31 May 2025 **Long Run**

Morning long walk-run 50 to 60 minutes. Keep pace easy and controlled. Include walk breaks as needed.

Goal: Final longer endurance stimulus before taper. Practice pacing and race morning routine.

Sunday, 01 Jun 2025 **Recovery Walk**

30 minutes very easy walking and mobility. Emphasize breathing and light stretching afterwards.

Goal: Promote recovery and prepare body for reduced load in taper week.

Monday, 02 Jun 2025 **Easy Run**

Easy 25 minute run or run walk. Keep effort very comfortable. Focus on relaxed form.

Goal: Maintain fitness with low load. Begin reducing volume and intensity ahead of race.

Tuesday, 03 Jun 2025 **Tempo**

Warm up 8 to 10 minutes. 10 minutes steady tempo effort. Cool down 8 minutes. Keep effort steady but controlled.

Goal: Keep sharpness and race-specific fitness while reducing overall load during taper.

Wednesday, 04 Jun 2025 Strength and Mobility

15 to 20 minutes light mobility and core work. Avoid heavy or fatiguing strength exercises.
Goal: Preserve movement quality and core stability without causing fatigue before race week.

Thursday, 05 Jun 2025 Easy Run with Strides

Easy 20 minute run including 4 to 6 short strides. Recover fully between each.
Goal: Maintain leg turnover and confidence. Keep session short and easy during taper.

Friday, 06 Jun 2025 Rest

Complete rest day. Gentle walking and mobility allowed. Prioritize sleep and hydration before race weekend.
Goal: Maximize recovery and freshness. Reduce injury risk and sharpen readiness for race day.

Saturday, 07 Jun 2025 Short Long Run

Short easy morning run or brisk walk 25 to 30 minutes. Keep effort very easy. Practice race morning routine.
Goal: Final aerobic tune-up. Maintain routine and confidence without inducing fatigue.

Sunday, 08 Jun 2025 Race Day

10K race at target pace. Warm up with light jog and strides. Start conservatively and use practiced pacing.
Goal: Execute pacing and race plan. Use endurance and confidence built to achieve target time safely.