Brendan Foot Supersite Round the Bays 6.5km Plan

This run plan is designed to get you running 6.5km in 10 weeks and includes a combination of walk/run and run workouts.

- Cross off the prescribed runs each week.

We recommend you also incorporate some run strength training to help you improve your leg and core strength and reduce injuries. Our online Run Club has weekly workouts to compliment your running, please visit our website www.lifeinmotion.co.nz/run-club for more details.

If you need a hand during the 10 weeks then reach out on: lifeinmotioneve@gmail.com.

Happy running and I look forward to seeing you on the start line at the Brendan Foot Supersite Round the Bays 6.5km!

Eve
Run Coach
Life In Motion

LIFE IN MOTION

ESTD 2016

RUN CLUB

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ROUND the BAYS

Week 1

Run Warm up 5min walk 2min walk 1min jog Repeat 4 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 2min jog Repeat 4 times Cool down 5min walk	**Run** Warm up 5min walk 1.5km run Cool down 5min walk

Week 2

Run Warm up 5min walk 2min walk 3min jog Repeat 4 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 2min jog Repeat 4 times Cool down 5min walk	**Run** Warm up 5min walk 2km run Cool down 5min walk

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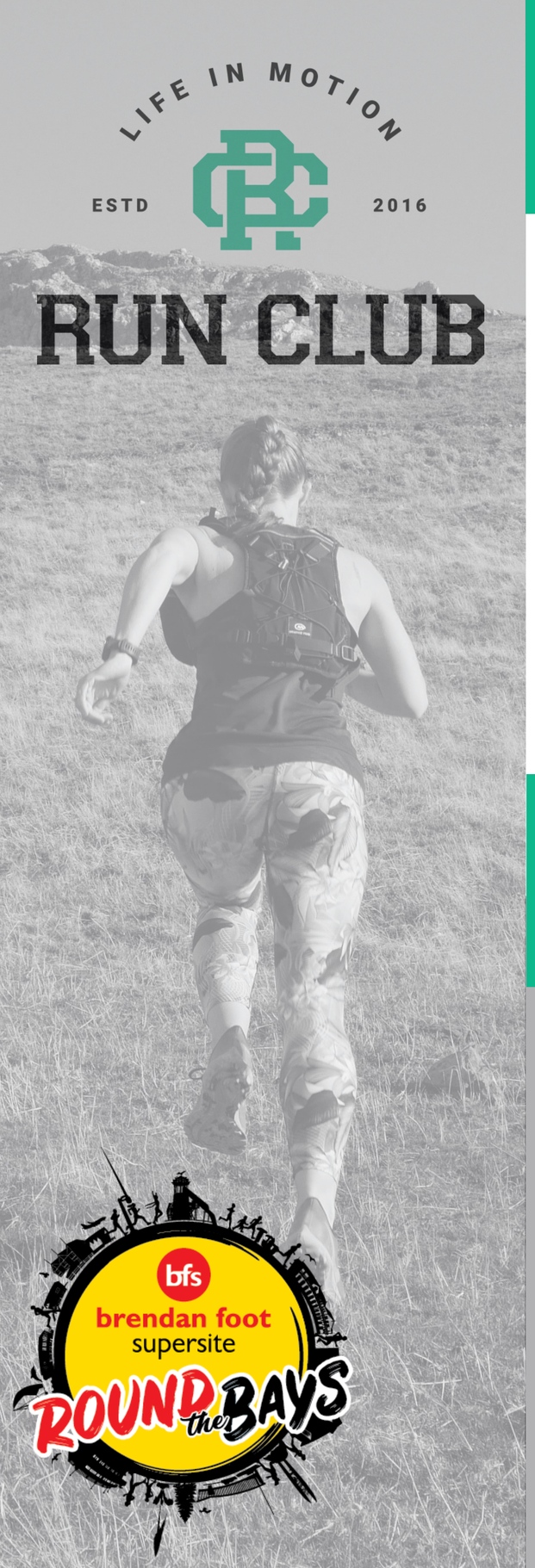

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Week 3

Run Warm up 5min walk 2min walk 4min jog Repeat 4 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 3min jog Repeat 4 times Cool down 5min walk	**Run** Warm up 5min walk 2.5km run Cool down 5min walk

Week 4

Run Warm up 5min walk 2min walk 5min jog Repeat 3 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 4min jog Repeat 4 times Cool down 5min walk	**Run** Warm up 5min walk 3km run Cool down 5min walk

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Week 5

Run Warm up 5min walk 2min walk 6min jog Repeat 3 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 5min jog Repeat 3 times Cool down 5min walk	**Run** Warm up 5min walk 3.5km run Cool down 5min walk

Week 6

Run Warm up 5min walk 2min walk 7min jog Repeat 3 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 6min jog Repeat 3 times Cool down 5min walk	**Run** Warm up 5min walk 4km run Cool down 5min walk

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Week 7

Run Warm up 5min walk 2min walk 8min jog Repeat 2 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 7min jog Repeat 3 times Cool down 5min walk	**Run** Warm up 5min walk 4.5km run Cool down 5min walk

Week 8

Run Warm up 5min walk 2min walk 9min jog Repeat 2 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 8min jog Repeat 2 times Cool down 5min walk	**Run** Warm up 5min walk 5km run Cool down 5min walk

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Week 9

Run Warm up 5min walk 2min walk 10min jog Repeat 2 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 7min jog Repeat 3 times Cool down 5min walk	**Run** Warm up 5min walk 5.5km run Cool down 5min walk

Week 10

Run Warm up 5min walk 2min walk 6min jog Repeat 2 times Cool down 5min walk	**Run** Warm up 5min walk 2min walk 6min jog Repeat 2 times Cool down 5min walk	**Race Day!** Warm up 5min walk 6.5km Event Cool down 5min walk **Congratulations!**