



BM10K

10 WEEKS TO 10K

Training Plan

Ideal for beginners and improvers, our training plan aims to help you arrive at the BM10K feeling energised, and happy and healthy in both body and mind!

You can adapt the plan to fit your lifestyle, so be creative and don’t be afraid to miss a session if you need to save your energy or channel it elsewhere.

This PDF is interactive, so you can tick off each session once you’ve done it to help add to that sense of achievement!

We’ve also included links to podcasts, videos and other useful information – just click on the squares to find out more.

	Monday mindfulness	Tuesday training	Wednesday words	Thursday focus	Friday thoughts	Saturday session	Sunday celebration
<div>WEEK 1</div> <div>BE INSPIRED</div> <div>GO >>></div>	Welcome to your plan! Why not use this first week to gather inspiration from others and discover what motivates you?	<div>THE SESSION</div> <div>Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins.</div> <div>TOTAL: 22 MINS</div>	<div>THE WOMEN’S RUNNING PODCAST</div> <div>Each week we’ll recommend a podcast for you to enjoy while running – or during your down-time – and what better place to start than the Women’s Running podcast? Hear from wonderful women from the world of running and feel inspired to lace up and get moving.</div>	<div>THE SESSION</div> <div>Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins.</div> <div>TOTAL: 29 MINS</div>	<div>MENTAL HEALTH MATES</div> <div>This network of peer support groups meets to walk, connect and share without fear or judgement. The ideal environment to ease into the plan!</div>	<div>THE SESSION</div> <div>Run 10 mins easy, walk 5 mins, run 10 mins easy, walk 5 mins.</div> <div>TOTAL: 30 MINS</div>	<div>CONGRATULATIONS!</div> <div>Well done on completing your first week – the only way is up! How do you feel? Let us know on social media – see links at foot of plan.</div>
<div>WEEK 2</div> <div>EAT WELL</div> <div>GO >>></div>	A happy, healthy body and mind thrive upon wholesome food. How can you add fun and flavour to your meals this week?	<div>THE SESSION</div> <div>Walk 5 mins, walk/run 8 mins, walk 2 mins, walk/run 8 mins, walk 5 mins.</div> <div>TOTAL: 28 MINS</div>	<div>SIMPLE PLEASURES</div> <div>Chef and writer Yotam Ottolenghi cooks for guests while discussing food, culture, travel and the simple pleasures in life – demonstrating the joy of cooking along the way.</div>	<div>THE SESSION</div> <div>Walk/run 10 mins, walk 2 mins, walk/run 10 mins, walk 2 mins.</div> <div>TOTAL: 24 MINS</div>	<div>WHAT TO EAT THE DAY BEFORE AN EVENT</div> <div>If you’re unsure what you should be eating the day before the BM10K, take a look at our guide to the 10 top foods to eat before Event Day.</div>	<div>THE SESSION</div> <div>Walk 5 mins, walk/run 20 mins easy, walk 5 mins.</div> <div>TOTAL: 30 MINS</div>	<div>READ ALL ABOUT IT!</div> <div>Once you’re registered for the BM10K, you’ll have started receiving weekly newsletters from us by the end of January. They’re full of trainig tips and advice so read and enjoy!</div>
<div>WEEK 3</div> <div>JOIN WITH OTHERS</div> <div>GO >>></div>	It’s good to be social! Why not do a training session with friends, join a running club or catch up on a call or over coffee?	<div>THE SESSION</div> <div>Walk 5 mins, walk/run 20 mins easy, walk 5 mins.</div> <div>TOTAL: 30 MINS</div>	<div>BRYONY GORDON’S MAD WORLD</div> <div>Mental Health Mates founder Bryony Gordon shares a series of intimate conversations about mental health, showing how we can support each other to feel better.</div>	<div>THE SESSION</div> <div>Run 5 mins easy. Run 1 min steady, walk 2 mins to recover – repeat 5 times. Run 5 mins easy.</div> <div>TOTAL: 25 MINS</div>	<div>PICK A PARKRUN</div> <div>Fancy turning your session into a fun event with others? parkrun is a free 5K event open to all, every Saturday morning. Find your nearest parkrun here!</div>	<div>THE SESSION</div> <div>Walk/run 30 mins easy.</div> <div>TOTAL: 30 MINS</div>	<div>SHARE YOUR SUCCESS</div> <div>We hope you’ve managed to meet with others this week – in real life or online – to share your successes. Tell us about it too on our social channels!</div>
<div>WEEK 4</div> <div>PRIORITISE REST</div> <div>GO >>></div>	Rest is a crucial (and often overlooked) part of training, so be sure to get plenty of it on your journey to 10K!	<div>THE SESSION</div> <div>Run 30 mins easy.</div> <div>TOTAL: 30 MINS</div>	<div>FEEL BETTER, LIVE MORE WITH RANGAN CHATTERJEE</div> <div>Dr Chatterjee speaks with leading experts to debunk health myths and give us the tools we need to improve the way we eat, sleep, move and more.</div>	<div>THE SESSION</div> <div>Run 5 mins easy. Run 2 mins steady, walk/jog 2 mins to recover – repeat 5 times. Run 5 mins easy.</div> <div>TOTAL: 30 MINS</div>	<div>IMPROVE YOUR SLEEP</div> <div>Try some simple yoga techniques to help you get a good night’s sleep – you’ve earned it!</div>	<div>THE SESSION</div> <div>Walk/run 40 mins easy.</div> <div>TOTAL: 40 MINS</div>	<div>YOUR SLEEP SECRETS</div> <div>If you’ve made time for rest this week, we’d love to know how you did it! Share your tips with other runners on our social channels.</div>
<div>WEEK 5</div> <div>LEARN SOMETHING NEW</div> <div>GO >>></div>	Always wanted to sign up to that course, read that book or try that hobby? This week, go for it! You never know what you might learn.	<div>THE SESSION</div> <div>Run 30 mins easy.</div> <div>TOTAL: 30 MINS</div>	<div>THE EMMA GUNS SHOW</div> <div>Hear insights from expert guests on all kinds of topics, from looking after your mental and physical health, to time management and meditation.</div>	<div>THE SESSION</div> <div>Run 5 mins easy. Run 3 mins steady, walk/jog 2 mins to recover – repeat 5 times. Run 5 mins easy.</div> <div>TOTAL: 35 MINS</div>	<div>THE TOP FIVE STRETCHES</div> <div>Stretching is an important part of the training process – and if you skip a stretch, you may well regret it later down the line when injury is more likely to creep in. Check out our short guide to stretching.</div>	<div>THE SESSION</div> <div>Run 25 mins easy, walk 3 mins, walk/run 25 mins.</div> <div>TOTAL: 53 MINS</div>	<div>WHAT HAVE YOU LEARNED?</div> <div>At this halfway point of the plan, what have you learned about yourself so far? Your story could inspire others!</div>
<div>WEEK 6</div> <div>KEEP SMILING!</div> <div>GO >>></div>	Congratulations – you’re over halfway through this plan already! Remember to celebrate how far you’ve come this week.	<div>THE SESSION</div> <div>Run 35 mins easy.</div> <div>TOTAL: 35 MINS</div>	<div>HAPPY PLACE</div> <div>TV and radio presenter Fearne Cotton talks to incredible people about what happiness means to them – and helps to bring happiness to your days too.</div>	<div>THE SESSION</div> <div>Run 10 mins easy. Run 4 mins steady, walk/jog 1 min – repeat 5 times. Run 10 mins easy.</div> <div>TOTAL: 45 MINS</div>	<div>THIS MUM RUNS</div> <div>For support that’s sure to put a smile on your face, check out the This Mum Runs community today!</div>	<div>THE SESSION</div> <div>Run 30 mins easy, walk/run 30 mins.</div> <div>TOTAL: 60 MINS</div> <div>Why not volunteer at your local parkrun this morning for some feelgood vibes? Find out how here!</div>	<div>SMILING’S CONTAGIOUS!</div> <div>What’s made you smile this week? Let us know on our social channels and spread the joy!</div>
<div>WEEK 7</div> <div>GET CREATIVE</div> <div>GO >>></div>	Whether it’s painting, playing music, taking pictures or upcycling an old piece of clothing, take time this week to do something creative.	<div>THE SESSION</div> <div>Run 35 mins easy.</div> <div>TOTAL: 35 MINS</div>	<div>AT YOUR LEISURE WITH SUE PERKINS</div> <div>Join comedian Sue Perkins as she invites famous guests to talk about the hobbies that make them tick. This podcast could inspire your own creative pursuit!</div>	<div>THE SESSION</div> <div>Run 10 mins easy. Run 5 mins steady, walk/jog 30 secs – repeat 6 times. Run 10 mins easy.</div> <div>TOTAL: 53 MINS</div>	<div>PERSONALISE YOUR OUTFIT</div> <div>Have you decided what you’re going to wear on Event Day yet? This is your chance to shine – look good, feel good! You might like to personalise your kit or even wear fancy dress! Whatever you decide, make sure you train at least once in your Event Day kit or outfit.</div>	<div>THE SESSION</div> <div>Run 40 mins, walk/run 30 mins.</div> <div>TOTAL: 70 MINS</div>	<div>BLOW YOUR OWN TRUMPET!</div> <div>Celebrating you is not only about your training achievements – what have you created this week that you’re proud of (it could just be your dinner!)?</div>
<div>WEEK 8</div> <div>EXPLORE A NEW PLACE</div> <div>GO >>></div>	Tired of the same old training route? Mix things up this week and take a new path as you edge closer to Event Day!	<div>THE SESSION</div> <div>Run 40 mins easy.</div> <div>TOTAL: 40 MINS</div>	<div>28 SUMMERS – LIVE ADVENTUROUSLY</div> <div>Hosted by Jay Worthy, this podcast is for anyone looking to reframe their lives, find their purpose and lead a more adventurous life!</div>	<div>THE SESSION</div> <div>Run 10 mins easy. Run 6 mins steady, walk/jog 30 secs – repeat 6 times. Run 10 mins easy.</div> <div>TOTAL: 59 MINS</div>	<div>NEED SOME INSPIRATION?</div> <div>If you’d like to find some new running routes but don’t know where to start, why not check out parkrun’s website? They have more than 1,200 5K courses across the UK!</div>	<div>THE SESSION</div> <div>Run 70 mins – it’s OK to include short walk breaks if you wish!</div> <div>TOTAL: 70 MINS</div>	<div>SHOW US YOUR SNAPS</div> <div>If you’ve run, jogged or walked somewhere new or unusual this week let us know – share your pics and stories on our social channels.</div>
<div>WEEK 9</div> <div>FOCUS ON SELF-CARE</div> <div>GO >>></div>	It can often be hard to make time for ourselves. This week (and all weeks!), remember to look after your wellbeing – it’s so important and you deserve it.	<div>THE SESSION</div> <div>Run 30 mins easy.</div> <div>TOTAL: 30 MINS</div>	<div>HOW DO YOU COPE?</div> <div>Elis James and John Robins talk to a range of guests about how they overcome challenges and hurdles in their lives – it’s sure to inspire you!</div>	<div>THE SESSION</div> <div>Run 10 mins easy. Run 10 mins steady, run 2 mins easy – repeat 3 times. Run 10 mins easy.</div> <div>TOTAL: 56 MINS</div>	<div>HOW TO AVOID INJURIES</div> <div>Don’t let an injury derail your progress – or cause you discomfort! You can reduce your risk by following our top tips on staying happy and healthy, whatever your goal.</div>	<div>THE SESSION</div> <div>Run 50 mins easy.</div> <div>TOTAL: 50 MINS</div>	<div>TIME OUT</div> <div>Take a moment to reflect on your training journey and how far you’ve come. Share your thoughts on our social media channels.</div>
<div>WEEK 10</div> <div>YOU’VE GOT THIS!</div> <div>GO >>></div>	You’re almost there! The focus this week is to eat well, stay hydrated, get plenty of sleep and be excited!	<div>THE SESSION</div> <div>Run 30 mins easy.</div> <div>TOTAL: 30 MINS</div>	<div>GIVE ME STRENGTH WITH ALICE LIVEING</div> <div>The author and personal trainer interviews extraordinary people about the importance of resilience and how this can help us to live happier, stronger lives!</div>	<div>WHAT NEXT?</div> <div>Now you’re nearing the end of the plan, how can you keep up the momentum (should you want to!)? Check out these events and prepare for your next challenge!</div>	<div>THE SESSION</div> <div>Run 20 mins easy.</div> <div>TOTAL: 20 MINS</div> <div>Here it is, your last session of the plan – we know you’ll smash it!</div>		<div>EVENT DAY</div> <div>You’ve put in the training, so go out there and enjoy it! This is your time to shine! Share your thoughts on our social media channels.</div>