

MISS WHEEZY



6-week 10k Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Strength training @MyPT Studio	Run 4k	Kettlebells @MyPT Studio	REST	Run 3k (fast)	REST	Run 5k
Week 2	Run 4k	Run 4k (fast)	Kettlebells @MyPT Studio	REST	Cross-training @Nike Kobox event	REST	Run 6k
Week 3	Run 5k	Run 4k (fast)	Kettlebells @MyPT Studio	Run 7k	Hiking in Lake District	Hiking in Lake District	Hiking in Lake District
Week 4	Strength training @MyPT Studio	Run 5k	Shine Walk 10mile training walk	REST	Run 4k (fast)	REST	Run 8k
Week 5	Run 5k	REST	Kettlebells @MyPT Studio	Run 5k (fast)	REST	Strength training @MyPT Studio	Run 9k
Week 6	Strength training @MyPT Studio	Run 6k	Kettlebells @MyPT Studio	Run 4k (fast)	REST	REST	Run Reigate 10k!