

Get Yorkshire Coast 10k Ready With Barons Fitness



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	1 min run + 1.5 min walk repeat for 20 mins	Active recovery Cross train @ Barons	1 min run + 1.5 min walk repeat for 20 mins	Rest	1 min run + 1.5 min walk repeat for 20 mins	Barons Stretch	Rest
2	1.5 min run + 2 min walk repeat for 20 mins	Active recovery Cross train @ Barons	1.5 min run + 2 min walk repeat for 20 mins	Rest	1.5 min run + 2 min walk repeat for 20 mins	Barons Stretch	Rest
3	2 min run + 2 min walk repeat for 20 mins	Active recovery Cross train @ Barons	2.5min run + 2.5min walk repeat for 20 mins	Rest	2.5min run + 2.5min walk repeat for 20 mins	Barons Stretch	Rest
4	3 min run + 2 min walk repeat for 20 mins	Active recovery Cross train @ Barons	3 min run + 2 min walk repeat for 20 mins	Active recovery Cross train @ Barons	20 mins running	Barons Stretch	Rest
5	5 min run + 3 min walk repeat x3	Active recovery Cross train @ Barons	8min run + 5 min walk 8min run	Active recovery Cross train @ Barons	25 mins running	Barons Stretch	Rest
6	6 min run + 3 min walk repeat X2	Active recovery Cross train @ Barons	10 min run 3 min walk 10min run	Active recovery Cross train @ Barons	25 mins running	Barons Stretch	Rest
7	25 mins running	Active recovery Cross train @ Barons	25 mins running	Active recovery Cross train @ Barons	25 mins running	Barons Stretch	Rest
8	30 mins running	Active recovery Cross train @ Barons	30 mins running	Active recovery Cross train @ Barons	30 mins running	Barons Stretch	Run 5K
9	Rest	2.5 mile run	1.5 mile run	Rest	2.5 mile run	Barons Stretch	4 Mile run
10	Rest	2.5 mile run	1.5 mile run	Rest	2.5 mile run	Barons Stretch	4.5 Mile run
11	Rest	3 mile run	4 mile run	Rest	3 mile run	Barons Stretch	5 Mile run
12	Rest	3 mile run	4 mile run	Rest	3 mile run	Barons Stretch	10K run

-Start off every workout with a brisk 5 minute walk to warm up

-Don't worry about your speed - just focus on being able to keep running (even if it's slow!)

-If in doubt or feeling tired, take an extra rest day or repeat a week

-For Stretch workouts visit our Barons Fitness Youtube page or come along and join our classes !

More information at www.baronsfitness.co.uk