



BRIDGING THE GAP TO JOINING MOJO!

FREE TO DOWNLOAD 5K TO 10K – 6 WEEK PLAN

- Before every run walk briskly for 5 mins to raise your heart rate and perform some dynamic stretches (separate download) to prepare your body for moving.
- Please wear appropriate clothing and footwear.
- Ensure you are correctly fueled and hydrated before running, carry water if needed.
- If necessary, check with your GP before starting this plan.
- Please stretch after your runs
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	Monday – easy longer run	Tuesday	Wednesday – speed or hill work	Thursday	Friday – faster running	Saturday	Sunday
Week1	3 miles (easy effort, can breathe and chat if needed)	Rest	10 x 1min hill climbs (8/10 effort) with jog/walk down recovery	Rest or cross train	3 miles easy paced	Rest or cross train	Rest
Week2	3.5 miles (easy effort, can breathe and chat if needed)	Rest	1min faster paced(8/10 effort)/1min easy jog/walk for 20mins	Rest or cross train	1 mile easy paced – 1 mile faster (7/10 effort) – 1 mile easy effort	Rest or cross train	Rest

Week3	4 miles (easy effort, can breathe and chat if needed)	Rest	10 x 1min hill climbs (8/10 effort) with jog/walk down recovery	Rest or cross train	1 mile easy paced – 1 mile faster (7/10 effort) – 1 mile easy effort	Rest or cross train	Rest
Week4	5 miles (easy effort, can breathe and chat if needed)	Rest	1min faster paced (8/10 effort)/1min easy jog/walk for 20mins	Rest or cross train	1mile easy paced – 1.5 mile faster (7/10 effort) – 0.5 mile easy effort	Rest or cross train	Rest
Week5	6 miles (easy effort, can breathe and chat if needed)	Rest	10 x 1min hill climbs (8/10 effort) with jog/walk down recovery	Rest or cross train	0.5 mile easy paced – 2miles faster (7/10 effort) – 0.5mile easy effort	Rest or cross train	Rest
Week6	5 miles (easy effort, can breathe and chat if needed)	Rest	3 miles (easy effort, can breathe and chat if needed)	Rest	3 miles (easy effort, can breathe and chat if needed)	Rest	RUN 10K!!

Notes:

- You can join us at the MOJO Wednesday session for the hill/pace work. There are many coaching and motivational benefits to doing this session with us.
- Hill suggestion for the Wednesday hill work is a gradient similar to St Botolphs Road
- You can join us on the MOJO Monday run for your easy longer run. We have mileage options from 3 miles upwards. Please check in with coaches who can help advise.
- Don't hesitate to contact the Coaches should you have any questions