

## How do I get from 5km to 10 km?

You know you can run 5km so there's no reason you can't run 10km. You just need to increase your distance gradually over about 12 weeks running just 3 times a week. Recovery days, if possible in between running days, are important. You can enjoy other sports on those days, if you like. That will also help your running. Good luck.

Week 1: Run 1: 35 mins, run 2: 5km, run 3: 5km

Week 2: Run 1: 40 mins, run 2: 5km, run 3: 5km

Week 3: Run 1: 45 mins, run 2: 5km, run 3: 5km

Week 4: Run 1: 7 km, run 2: 5km, run 3: 5km

Week 5: Run 1: 7.5 km, run 2: 6 km, run 3: 5km

Week 6: Run 1: 8 km, run 2: 7 km, run 3: 5km

Week 7: Run 1: 8.5 km, run 2: 7 km, run 3: 5 km

Week 8: Run 1: 9 km, run 2: 7 km, run 3: 5.5 km

Week 9: Run 1: 9.5 km, run 2: 7 km, run 3: 5 km

Week 10: Run 1: 10 km, run 2: 7 km, run 3: 5 km

Week 11: Run 1: 8 km, run 2: 7 km, run 3: 6 km

Week 12: Run 1: 5km (just because you want to), rest and relax, Run Event Day 10km