

# 10 weeks to 10K

## Run Happy & Healthy Plan

Ideal for beginners and improvers, our Run Happy & Healthy Plan mixes mileage with mindfulness, helping you arrive at the Vitality London 10,000 feeling energised, and happy and healthy in both body and mind! This year, our #DotForYou campaign emphasises how exercise can benefit mental health, health and overall wellbeing and focuses on motivating more women to run and men. We also have a dedicated Run to Overcome wave, in association with Mental Health Mates, with tips to support your wellbeing below.

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 from our Vitality London 10,000 partners in the plan – just click on the squares to find out more.

	Monday mindfulness	Tuesday training	Wednesday words	Thursday focus	Friday thoughts	Saturday session	Sunday celebration
<b>WEEK 1</b> BE INSPIRED  GO >>>	<b>Welcome to your plan! Why not use this first week to gather inspiration from others and discover what motivates you?</b>	<b>THE SESSION</b> Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins.  TOTAL: 22 MINS	<b>THE WOMEN'S RUNNING PODCAST</b> 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.	<b>THE SESSION</b> Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins.  TOTAL: 29 MINS	<b>MENTAL HEALTH MATES</b> This network of peer support groups meets to walk, connect and share without fear or judgement. The ideal inspiring environment to ease into the plan!	<b>THE SESSION</b> Run 10 mins easy, walk 5 mins, run 10 mins easy, walk 5 mins.  TOTAL: 30 MINS	<b>Congrats on completing your first week – the only way is up!</b> How do you feel? Let us know on social media (see links at foot of plan) using <a href="#">#DOITFORYOU</a> <a href="#">#LONDON10000</a>
<b>WEEK 2</b> EAT WELL  GO >>>	A happy, healthy body and mind thrive upon wholesome food. How can you add fun and flavour to your meals this week?	<b>THE SESSION</b> Walk 5 mins, walk/run 8 mins, walk 2 mins, walk/run 8 mins, walk 5 mins.  TOTAL: 28 MINS	<b>SIMPLE PLEASURES</b> 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.	<b>THE SESSION</b> Walk/run 10 mins, walk 2 mins, walk/run 10 mins, walk 2 mins.  TOTAL: 24 MINS	 <b>FOOD TO BOOST MOOD</b> Try these six foods to help keep you positive, strong and focused as we inch towards spring.	<b>THE SESSION</b> Walk 5 mins, walk/run 20 mins easy, walk 5 mins.  TOTAL: 30 MINS	<b>READ ALL ABOUT IT!</b> If you've signed up to the mass or virtual event, you'll have started receiving your weekly newsletters from us. They're full of tips, so read and enjoy!
<b>WEEK 3</b> JOIN WITH OTHERS  GO >>>	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?	<b>THE SESSION</b> Walk 5 mins, walk/run 20 mins easy, walk 5 mins.  TOTAL: 30 MINS	<b>BRONY GORDON'S MAD WORLD</b> 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.	<b>THE SESSION</b> Run 5 mins easy. Run 1 min steady, walk 2 mins to recover – repeat 5 times. Run 5 mins easy.  TOTAL: 25 MINS	<b>PICK A PARKRUN</b> Fancy turning your session into a fun event with others? Vitality partner parkrun is a free 5K event open to all, every Saturday morning. Find your nearest parkrun <a href="#">here!</a>	<b>THE SESSION</b> Walk/run 30 mins easy.  TOTAL: 30 MINS	<b>SHARE YOUR SUCCESS</b> 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! <a href="#">#DOITFORYOU</a> <a href="#">#LONDON10000</a>
<b>WEEK 4</b> PRIORITISE REST  GO >>>	*Rest is a crucial (and often overlooked) part of training, so be sure to get plenty of it on your journey to 10K! Consider going for a mindful walk with Mental Health Mates this week – <a href="#">find your nearest walk here.</a>	<b>THE SESSION</b> Run 30 mins easy.  TOTAL: 30 MINS	<b>FEEL BETTER, LIVE MORE WITH RANGAN CHATTERJEE</b> Dr Chatterjee speaks with leading experts and personalities to debunk health myths and give us the tools we need to improve the way we eat, sleep, move and more.	<b>THE SESSION</b> Run 5 mins easy. Run 2 mins steady, walk/jog 2 mins to recover – repeat 5 times. Run 5 mins easy.  TOTAL: 30 MINS	 <b>IMPROVE YOUR SLEEP</b> Try some simple yoga techniques to help you get a good night's sleep – you've earned it!	<b>THE SESSION</b> Walk/run 40 mins easy.  TOTAL: 40 MINS	<b>YOUR SLEEP SECRETS</b> 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.
<b>WEEK 5</b> LEARN SOMETHING NEW  GO >>>	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.	<b>THE SESSION</b> Run 30 mins easy.  TOTAL: 30 MINS	<b>THE EMMA GUNS SHOW</b> Hear insights from expert guests on all kinds of topics, from looking after your mental and physical health, to time management and meditation.	<b>THE SESSION</b> Run 5 mins easy. Run 3 mins steady, walk/jog 2 mins to recover – repeat 5 times. Run 5 mins easy.  TOTAL: 35 MINS	 <b>WATCH A WEBINAR</b> If you'd like a longer watch, learn how rugby union superstar Maro Itoje maximises his potential on and off the field – lots of food for thought!	<b>THE SESSION</b> Run 25 mins easy, walk 3 mins, walk/run 25 mins.  TOTAL: 53 MINS	<b>WHAT HAVE YOU LEARNED?</b> At this halfway point of the plan, what have you learned about yourself so far? Your story could inspire others! <a href="#">#LONDON10000</a> <a href="#">#DOITFORYOU</a>
<b>WEEK 6</b> KEEP SMILING!  GO >>>	Congratulations – you're over halfway through this plan already! Remember to celebrate how far you've come this week.	<b>THE SESSION</b> Run 35 mins easy.  TOTAL: 35 MINS	<b>HAPPY PLACE</b> TV and radio presenter Fearnie Cotton talks to incredible people about what happiness means to them – and helps to bring happiness to your days too.	<b>THE SESSION</b> Run 10 mins easy. Run 4 mins steady, walk/jog 1 min – repeat 5 times. Run 10 mins easy.  TOTAL: 45 MINS	<b>THIS MUM RUNS</b> For support that's sure to put a smile on your face, check out the This Mum Runs community, our partner, today!	<b>THE SESSION</b> Run 30 mins easy, walk/run 30 mins.  TOTAL: 60 MINS  Why not volunteer at your local parkrun this morning for some feelgood vibes? <a href="#">Find out how here!</a>	<b>SMILING'S CONTAGIOUS!</b> What's made you smile this week? Let us know on our social channels and spread the joy! <a href="#">#LONDON10000</a> <a href="#">#DOITFORYOU</a>
<b>WEEK 7</b> GET CREATIVE  GO >>>	Whether it's painting, playing music, taking pictures or upcycling an old piece of clothing, take time this week to do something creative.	<b>THE SESSION</b> Run 35 mins easy.  TOTAL: 35 MINS	<b>AT YOUR LEISURE WITH SUE PERKINS</b> 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!	<b>THE SESSION</b> Run 10 mins easy. Run 5 mins steady, walk/jog 30 secs – repeat 6 times. Run 10 mins easy.  TOTAL: 53 MINS	 <b>SECRETS OF 'SLOW LIVING'</b> Life (and the Vitality London 10,000) isn't a race – discover why taking things slowly could enhance your creativity...	<b>THE SESSION</b> Run 40 mins, walk/run 30 mins.  TOTAL: 70 MINS	<b>BLOW YOUR OWN TRUMPET!</b> 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!)? <a href="#">#LONDON10000</a> <a href="#">#DOITFORYOU</a>
<b>WEEK 8</b> EXPLORE A NEW PLACE  GO >>>	Tired of the same old training route? Mix things up this week and take a new path as you edge closer to Event Day!	<b>THE SESSION</b> Run 40 mins easy.  TOTAL: 40 MINS	<b>28 SUMMERS – LIVE ADVENTUROUSLY</b> Hosted by Jay Worthy, this podcast is for anyone looking to reframe their lives, find their purpose and lead a more adventurous life!	<b>THE SESSION</b> Run 10 mins easy. Run 6 mins steady, walk/jog 30 secs – repeat 6 times. Run 10 mins easy.  TOTAL: 59 MINS	 <b>NINE BEAUTIFUL RUNS</b> Fancy exploring the UK (or just dreaming of where you could go)? Here are nine places to inspire you...	<b>THE SESSION</b> Run 70 mins – it's OK to include short walk breaks if you wish!  TOTAL: 70 MINS	<b>SHOW US YOUR SNAPS</b> If you've run (or walked, or jogged!) somewhere new or unusual this week let us know – share your pics and stories on our social channels.
<b>WEEK 9</b> FOCUS ON SELF-CARE  GO >>>	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.	<b>THE SESSION</b> Run 20 mins easy.  TOTAL: 20 MINS	<b>HOW DO YOU COPE?</b> 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!	<b>THE SESSION</b> Run 10 mins easy. Run 10 mins steady, run 2 mins easy – repeat 3 times. Run 10 mins easy.  TOTAL: 56 MINS	 <b>HOME COMFORTS</b> Headspace meditation and mindfulness teachers talk about what brings them peace in their own homes.	<b>THE SESSION</b> Run 50 mins easy.  TOTAL: 50 MINS	<b>TIME OUT</b> Take a moment to reflect on your training journey and how far you've come. Share your thoughts on our social media channels.
<b>WEEK 10</b> YOU'VE GOT THIS!  GO >>>	<b>You're almost there! The focus this week is to eat well, stay hydrated, get plenty of sleep and be excited!</b>	<b>THE SESSION</b> Run 30 mins easy.  TOTAL: 30 MINS	<b>GIVE ME STRENGTH WITH ALICE LIVEING</b> The author and personal trainer interviews extraordinary people about the importance of resilience and how this can help us to live happier, stronger lives!	 <b>WHAT NEXT?</b> Now you're nearing the end of the plan, how can you keep up the momentum (should you want to!)? Check out your next small steps to success <a href="#">here.</a>	<b>THE SESSION</b> Run 20 mins easy.  TOTAL: 20 MINS  Here it is, your last session of the plan – we know you'll smash it!	<b>VIRTUAL EVENT PERIOD STARTS!</b> If you're taking on the virtual Vitality London 10,000, you can complete it wherever you like from 16 to 24 September. Good luck!	Whether you're joining us for the Vitality London 10,000 in central London tomorrow, planning your virtual 10K for later in the week, or have already completed your challenge, don't forget to <a href="#">#London10000</a> <a href="#">#DotForYou</a>