

10-WEEK BEGINNER 10K TRAINING PLAN

MY PLEDGE: _____

MY TARGET TIME: _____

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>	Rest	20 mins easy run	Rest	5 mins easy run 30s tempo; Easy jog 2 min X 6 reps 5 min easy run 10 mins easy walking 5 min easy run	Rest	15 mins easy run 5 min walk 15 mins easy run 10 mins steady	Rest
2 <i>Building time on feet</i>	Rest	20 mins easy run	Rest	5 mins easy run 45s tempo; Easy jog 2 min X 7 reps 7.5 min easy run	Rest	20 mins easy run 5 min walk 15 mins easy run	Rest
3 <i>Get out of breath</i>	Rest	20 mins easy run	Rest	5 mins easy run 60s tempo; Easy jog 2 min X 8 reps 5 min easy run	Rest	30 mins easy run 5 min walk 15 mins easy run	Rest
4 <i>Consolidating</i>	Rest	20 mins easy run	Rest	5 mins easy run 75s tempo; Easy jog 2.5 min X 7 reps 10 min easy run	Rest	25 mins easy run 3 min walk 25 mins easy run	Rest
5 <i>Build your confidence</i>	Rest	25 mins easy run	Rest	10 mins easy run 90 90s tempo; Easy jog 3 min X 5 reps 10 min easy run	Rest	30 mins easy run 3 min walk 2 x sets	Rest
6 <i>Walk less and run more</i>	Rest	30 mins easy run	Rest	10 mins easy run 2 mins tempo run Easy jog 3 min X 5 reps	Rest	40 mins easy run 3 min walk 20 mins easy run	Rest

<p>7</p> <p><i>Clock up the miles</i></p>	Rest	30 Mins Easy Run	Rest	10 Mins Easy Run 3 Tempo Run 2 Mins Jog 2 Mins Tempo Run 2 Mins Jog 1 Min Tempo Run 2 Mins Jog X 2 Reps 10 Mins Easy Run	Rest	50 Mins Easy Run 5 Mins Walk 15 Mins Easy Run	Rest
<p>8</p> <p><i>Practice those long miles</i></p>	Rest	25 Mins Steady Run	Rest	10 Mins Easy Run 4 Mins Tempo Run 2.5 Mins Jog X 4 Reps 10 Mins Easy Run	Rest	60 Mins Easy Run 5 Min Walk (If you need it) 15mins Easy Run	Rest
<p>9</p> <p><i>Ease off on the miles</i></p>	Rest	20 Mins Steady Run	Rest	10 Mins Easy Run 2 Min Tempo Run 2 Min Jog X 8 Reps 10 Mins Easy Run	Rest	40 Mins Easy Run	Rest
<p>10</p> <p><i>Prepare for the race</i></p>	Rest	15 Mins Easy Run	Rest	10 Min Easy Jog 30secs Fast Running 90secs Walk Recovery X6 10 Mins Easy Run	Rest	Race Day! Good Luck!	Rest