

# BEGINNERS'

## 10-WEEK TRAINING SCHEDULE FOR 10K



This is designed for those who have been running a while and can usually manage 2–3 miles or up to 30mins comfortably, or those who feel they have a good fitness base from other sports or exercise. It is asking you to run four times a week with rest days and an alternate exercise day. Most sessions can be achieved in under (or close to) an hour.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	Rest	1.5 mile / 15min run	Cross Train / Alternate Exercise	1.5 mile / 15min run	Rest	2 mile / 20min run	30min easy walk run
<b>WEEK 2</b>	Rest	2 mile / 20min run	Cross Train / Alternate Exercise	2 mile / 20min run	Rest	2 mile / 20min run	30min easy walk run
<b>WEEK 3</b>	Rest	2 mile / 20min run	Cross Train / Alternate Exercise	2 mile / 20min run	Rest	2.5 mile / 25min run	30min easy walk run
<b>WEEK 4</b>	Rest	2.5 mile / 20min run	Cross Train / Alternate Exercise	2.5 mile / 25min run	Rest	2.5 mile / 25min run	35–40min easy walk run
<b>WEEK 5</b>	Rest	2.5 mile / 20min run	Cross Train / Alternate Exercise	2.5 mile / 25min run	Rest	3 mile / 30min run	35–40min easy walk run
<b>WEEK 6</b>	Rest	2.5 mile / 25min run	Cross Train / Alternate Exercise	2.5 mile / 25min run	Rest	3 mile / 30min run	35–40min easy walk run
<b>WEEK 7</b>	Rest	3 mile / 30min run	Cross Train / Alternate Exercise	3 mile 30min run	Rest	4 mile / 40min run	40min easy walk run
<b>WEEK 8</b>	Rest	3.5 mile / 35min run	Cross Train / Alternate Exercise	3.5 mile / 35min run	Rest	4.5 mile / 45min run	40min easy walk run
<b>WEEK 9</b>	Rest	3 mile / 30min run	Cross Train / Alternate Exercise	3 mile / 30min run	Rest	5 mile / 50min run	30min easy walk run
<b>WEEK 10</b>	Rest	2.5 mile / 30min run	Cross Train / Alternate Exercise	2.5 mile / 25min run	Rest	Rest	<b>10K RACE</b>