

10km TRAINING PLAN - BEGINNER



THIS TRAINING PLAN IS DESIGNED TO GET YOU TO THE START LINE OF A 10KM FEELING PREPARED AND CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL.

IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Running Guide, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.

WHY TRAIN IN THIS WAY?

If you keep doing the same things repeatedly you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal race pace.



Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	2x10 MINUTE EASY RUN WITH A 5 MIN BRISK WALK RECOVERY	REST	2X12 MINUTE EASY RUN WITH A 3 MIN BRISK WALK RECOVERY	REST	REST OR 20-30 MINUTES AEROBIC CROSS TRAINING EASY	2X15 MINUTES EASY RUN WITH A 5 MIN BRISK WALK RECOVERY
2	REST	20 MINUTES EASY RUN	REST	20 MINUTE EASY RUN	REST	REST OR 20-30 MINUTES AEROBIC CROSS TRAINING EASY	30 MINUTE EASY RUN
3	REST	10 MINUTES EASY RUN THEN 3X (3 MIN AT THRESHOLD WITH A 2 MIN WALK/JOG RECOVERY)	REST	30 MINUTE EASY RUN	REST	REST OR 30 MINUTES AEROBIC CROSS TRAINING EASY	40 MINUTES EASY RUN (IF NEEDED DO AS 2X20 MINS WITH A 5 MIN BRISK WALK)
4	REST	10 MINUTES EASY RUN THEN 3X (4 MIN AT THRESHOLD WITH A 2 MIN WALK/JOG RECOVERY) PLUS A 10 MINUTE EASY RUN	REST	30 MINUTE RUN RUN AS 10 MINUTES EASY 10 MINUTES STEADY (VERY SLIGHTLY FASTER) 10 MINUTES EASY	REST	REST OR 30 MINUTES AEROBIC CROSS TRAINING EASY	40 MINUTE EASY RUN
5	REST	30 MINUTE EASY RUN	REST	40 MINUTES EASY RUN	REST	PARK RUN OR SELF TIMED 5KM TIME TRIAL	30 MINUTE EASY RUN

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	REST	3X5 MINUTES AT THRESHOLD WITH A 2 MINUTE JOG RECOVERY	REST	35 MINUTES EASY RUN	REST	REST OR 30 MINUTES AEROBIC CROSS TRAINING MIDDLE 20 IS 2 MINS HARDER/3 MINS EASY X4	50 MINUTE EASY RUN
7	REST	4X5 MINUTES AT THRESHOLD WITH A 90 SECOND JOG RECOVERY WITHIN A 40 MINUTE RUN	REST	10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES NEARING THRESHOLD	REST	REST OR 30 MINS AEROBIC CROSS TRAINING WITH THE LAST 15 MINUTES HARDER THAN THE FIRST PLUS S&C	50-60 MINUTE EASY RUN
8	REST	4X6 MINUTES AT THRESHOLD WITH A 2 MINUTE JOG RECOVERY WITHIN A 40 MINUTE RUN	REST	20 MINUTE EASY RUN PLUS 20 MINUTES STEADY (NO RECOVERY)	REST	REST OR 40 MINS AEROBIC CROSS TRAINING WITH THE MIDDLE 20 MINUTES 2 HARDER / 3 MINS EASY X4	60-70 MINUTE EASY RUN
9	REST	FARTLEK SESSION OF 6 MINS 5 MINS 4 MINS 3 MINS 2 MINS 1 MIN (90 SECOND JOG RECOVERY)	REST	15 MINUTES EASY PACE 15 MINUTES STEADY PACE 15 MINUTES NEARING THRESHOLD PACE	REST	REST OR 30 MINUTES AEROBIC CROSS TRAINING EASY	40 MINUTE EASY RUN
10	REST	5X3 MINS AT THRESHOLD WITH A 2 MINUTE JOG RECOVERY WITHIN A 30 MINUTE RUN	REST	20 MINUTES EASY RUN	REST	REST	10KM RACE!

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- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
 - Try to stretch every day for at least 10 minutes.
 - Always eat within 20–30 minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.



CONTACT US!
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