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10 Weeks to 10K: Beginner's Plan

About The Plan

This schedule is for you if you are stepping up to 10K race for the first time. You'll do three runs a week and start your training by building up a mixture of walking and running and then gradually do more running. You'll develop an understanding of different running speeds and your stamina to complete the 10K distance will increase as the weeks progress.

Paced/power walking

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equally it's not race walking at top speed, rather, it's walking at a brisk pace. Get into a smooth rhythm as you walk.

Walk/run

This is a combination of paced walking interspersed with light jogging. The amount of time you spend walking and jogging can and should vary. As you get fitter, you'll spend more time jogging and less time walking. Landmarks such as lampposts, street corners, road junctions and trees make excellent targets to jog to, or walk between.

Easy runs

These are slow runs or jogs. During an easy run you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation throughout the run. If you can't, you're going too fast – slow down, walk if necessary. An easy run should feel comfortable and is a natural progression from your walk/jog/walk introduction.

As a beginner, many of your first runs as you build and progress into a running programme will be made up of easy runs, but as you improve your easy runs will become 'easier' and you'll want to include other types of running in your training.

Steady runs

During a steady run, conversation is still possible but it's certainly harder to keep it flowing. You should feel in control during a steady run; it should feel manageable but you are working and concentrating. You might only be able to manage short time periods to begin with but as your fitness builds your ability to run for longer at a steady pace will

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The Beginner's Plan is available to download and print as a PDF, or you can view the full training schedule below.

10 Weeks to 10K: Beginner's Plan (PDF)

10 Weeks To Go

MONDAY	Rest
TUESDAY	Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walks 5 mins (Total: 22 mins)
WEDNESDAY	Rest
THURSDAY	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)
FRIDAY	Rest
SATURDAY	Run 10 mins easy, walk 5 mins, run 10 mins easy, walk 5 mins (30 mins)
SUNDAY	Rest

9 Weeks To Go

MONDAY	Rest
TUESDAY	Walk 5 mins, walk/run 8 mins, walk 2 mins, walk/run 8 mins, walk 5 mins (Total: 28 mins)

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mins)

FRIDAY Rest

SATURDAY Walk 5 mins, walk/run (easy and continuously) 20 mins, walk 5 mins
(Total: 30 mins)

SUNDAY Rest

8 Weeks To Go

MONDAY Rest

TUESDAY Walk 5 mins, walk/run 20 mins easy, walk 5 mins (Total: 30 mins)

WEDNESDAY Rest

THURSDAY Run 5 mins easy, (run for 1 min steady, walk 2 mins to recover) repeat 5
times, run 5 mins easy (Total: 25 mins)

FRIDAY Rest

SATURDAY Walk/run 30 mins easy (Total: 30 mins)

SUNDAY Rest

7 Weeks To Go

MONDAY Rest

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THURSDAY Run 5 mins easy, (run 2 mins steady, 2 mins walk/jog recovery) repeat 5 times, run 5 mins easy (Total: 30 mins)

FRIDAY Rest

SATURDAY Run 40 mins easy (Total: 40 mins)

SUNDAY Rest

6 Weeks To Go

MONDAY Rest

TUESDAY Run 30 mins easy (Total: 30 mins)

WEDNESDAY Rest

THURSDAY Run 5 mins easy, (run 3 mins steady, 2 mins walk/jog recovery) repeat 5 times, run 5 mins easy (Total: 35 mins)

FRIDAY Rest

SATURDAY Run 25 mins easy, walk 3 mins, walk/run 25 mins continuously (Total: 53 mins)

SUNDAY Rest

5 Weeks To Go

MONDAY Rest

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THURSDAY Run 10 mins easy, (run 4 mins steady, 1 min walk/jog) repeat 5 times, run 10 mins easy (Total: 45 mins)

FRIDAY Rest

SATURDAY Run 30 mins easy, walk/run 30 mins continuously (Total: 60 mins)

SUNDAY Rest

4 Weeks To Go

MONDAY Rest

TUESDAY Run 35 mins easy (Total: 35 mins)

WEDNESDAY Rest

THURSDAY Run 10 mins easy, (run 5 mins steady, 30 secs walk/jog) repeat 6 times, run 10 mins easy (Total: 53 mins)

FRIDAY Rest

SATURDAY Run 40 mins continuously, walk/run 30 mins (Total: 70 mins)

SUNDAY Rest

3 Weeks To Go

MONDAY Rest

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THURSDAY Run 10 mins easy run, (run 6 mins steady, 30 secs walk/jog) repeat 6 times, run 10 mins easy (Total: 59 mins)

FRIDAY Rest

SATURDAY Run 70 mins continuously – it's okay if you to include short walk breaks! (Total: 70 mins)

SUNDAY Rest

2 Weeks To Go

MONDAY Rest

TUESDAY Run 20 mins easy (Total: 20 mins)

WEDNESDAY Rest

THURSDAY Run 10 mins, (run 10 mins steady, 2 mins easy run) repeat 3 times, run 10 mins easy (Total: 56 mins)

FRIDAY Rest

SATURDAY Run 50 mins easy (Total: 50 mins)

SUNDAY Rest

1 Week To Go

MONDAY Rest

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THURSDAY Rest

FRIDAY Run 20 mins easy (Total: 20 mins)

SATURDAY Rest

SUNDAY Light jog 10-15 minutes – take it easy before Race Day! (Total: 10-15 mins)

Race Day

MONDAY 10K Race Day. Good luck! You can do it.

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