RHEDEG
CYMRU
RUN
WALES

This programme is for you if you are new to running and want to train for a 10K (6 mile) run/race. We advise that before you embark on this programme, you have completed the beginner 5K programme and are able to walk/run 5km (3 miles) in 40 mins or less.

BEGINNER 10K PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	Run 15 min, Walk 1-2 mins, Run 15 mins	REST	Run 15 min, Walk 1-2 mins, Run 15 mins	REST	REST/STRETCH session	2 miles (3k) continuous run
WEEK 2	REST	Run 18 min, Walk 1-3 mins, Run 18 mins	REST	Run 18 min, Walk 1-3 mins, Run 18 mins	REST	REST/STRETCH session	3 miles (5k) run
WEEK 3	REST	30 mins continuous run	REST	30 mins continuous run	REST	REST/STRETCH session	3 miles (5k) run
WEEK 4	REST	30 mins continuous run	REST	35 mins continuous run	REST	REST/STRETCH session	40-50 mins run
WEEK 5	REST	30 mins continuous run	REST	40 mins continuous run	REST	REST/STRETCH session	4-5 miles (6k) run
WEEK 6	REST	30 mins continuous run	REST	40 mins continuous run	REST	REST/STRETCH session	50-60 mins (10K) run
WEEK 7	REST	45 mins continuous run	REST	45 mins continuous run	REST	REST/STRETCH session	6-7 miles (10k) run
WEEK 8	REST	30 mins continuous run	REST	20-30 mins easy continuous run	REST	REST	*Race Day*

RUNNING LOG

An opportunity for you to log progress over the duration of the training programme. Recording successes will boost your confidence, whilst noting difficult sessions and will allow you to develop in the future.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXAMPLE	Found I had lots of energy today	Tired today, completed session – pleased with that				Ran with my social group today – was good to train with others	Hamstrings tight, nice to stretch
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							Race Day

For more support, visit us:

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