



## Beginner 10k programme

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

	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 mile (5k) run
WEEK 3	REST	30 mins continuous run	REST	30 mins continuous run	REST	REST / STRETCH session	3 mile (5k) run
WEEK 4	REST	30 mins continuous run	REST	35 mins continuous run	REST	REST / STRETCH session	40-50mins run
WEEK 5	REST	30 mins continuous run	REST	40 mins continuous run	REST	REST / STRETCH session	4-5 mile (6km) run
WEEK 6	REST	30 mins continuous run	REST	40 mins continuous run	REST	REST / STRETCH session	50-60mins (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	<b>Race Day</b>

