

Training for a 10km Run – Beginners

This training programme is for people wanting to run in an organised race of 10 km or just as a challenge for themselves. You should be able to run/walk 5km in less than 40 minutes.

The programme works on:-

- improving your aerobic fitness and stamina
- getting you into a good running routine
- training a max of three days a week over an 8 week period

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8 (TAPER WEEK)
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	Run 15 min Walk 1 - 2 min Run 15 min	Run 18 min Walk 1 - 3 min Run 18 min	Run 30 min continuously	Run 30 min continuously	Run 30 min continuously	Run 30 min continuously	Run 45 min continuously	Run 45 min continuously
DAY 3	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 4	Run 15 min Walk 1 - 2 min Run 15 min	Run 18 min Walk 1 - 3 min Run 18 min	Run 30 min continuously	Run 30 min continuously	Run 40 min continuously	Run 40 min continuously	Run 45 min continuously	Run 30 min continuously
DAY 5	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	Run 2 miles continuously. Record your time here:	Run 5km (or 3 miles) continuously. Record your time here:	Run 3 miles continuously. Record your time here:	Run 40 to 45 min continuously	Run 4 miles continuously. Record your time here:	Run 50 min continuously	Run 10km (approximately 6 miles) continuously. Record your time here:	10 km race.