

10K Training Programme - Beginners

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	Rest	Rest/Cross train	20 minutes jogging	Rest	2 miles	Rest	25-30 minutes easy
2	Rest	Rest/Cross train	20 minutes jogging	Rest	2.5 miles	Rest	25-30 minutes easy
3	Rest	Rest/Cross train	25 minutes jogging	Rest	3 miles	Rest	30-35 minutes easy
4	Rest	Rest/Cross train	25-30 minutes jogging	Rest	3.5 miles	Rest	35 minutes easy
5	Rest	Rest/Cross train	30 minute run	Rest	4 miles	Rest	35-40 minutes easy
6	Rest	Rest/Cross train	30 minute run	Rest	4.5 miles	Rest	35-40 minutes easy
7	Rest	Rest/Cross train	30 minute run	Rest	5 miles	Rest	40 minutes easy
8	Rest	Rest/Cross train	30 minute run	Rest	20 minute run	Rest	RACE DAY!!

Please note that a warm up and cool down should be included in each session.

