



BEGINNERS 10KM PROGRAMME

It is important to gradually build up your endurance without over doing it. We suggest you initially keep most of the runs to about 20-30 minutes with a longer run that gradually increases in time at the weekend.

Basically there are 3 runs a week and generally one is at a conversational pace and one is a slightly harder session and one longer run. The other days should either be rest and recovering with perhaps a cross training or pilates session once or twice a week depending on how your body feels. Being new to the training load your body has to be given time to adjust so do not try to do too much and end up fatigued or injured.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	5 min recovery run 5 min walk x2	Cross training 30 mins	5 min recovery run 5 min walk x2	REST	Bike ride 45 mins	5 min recovery run 5 min walk x3
2	Stretch Session 20 mins or Yoga Class	REST	Cross Training 30 mins	5 mins Walk, 10 mins run x 2	REST	Brisk walk 60 mins	7 min recovery run 3 min walk x 3
3	REST	Recovery run 20 mins	Cross Training 40 mins	10 min easy run then 3 x 2 mins @ threshold with 2 mins recovery 10 mins easy run	REST	Bike ride 60 mins	Easy Run 25 mins

4	Cross Training 30 mins	REST	Cross Training 30 mins	<i>Undulating run 20 mins</i>	REST	Recovery Run 30 mins	<i>Easy Run 30 mins</i>
5	REST	Cross Training 30 mins	<i>Threshold run 4x3 mins effort with 2 min recovery</i>	REST	Cross Training 40 mins	<i>Hilly run 25 mins working harder on the up hills</i>	<i>Long Run 40 mins</i>
6	REST	<i>Threshold run 4x3 mins effort with 90 seconds recovery</i>	Cross Training 2 x 20 mins	<i>Easy run 35 mins</i>	REST	REST or Swim	<i>Long Run 45 mins</i>
7	REST	Cross Training 3 x 20 mins	<i>Threshold run 2 x 6 mins effort with 3 mins recovery</i>	REST	30 mins including 6 x 60 seconds Fartlek with 60 seconds recovery	Bike ride 60 mins	<i>Long Run 50 mins</i>
8	REST	Cross Training 30 mins	<i>30 min run including 10 mins @ Threshold</i>	REST	6 x 3 mins at threshold pace with 90 second recovery	Bike ride 60 mins	<i>Recovery Run 30 mins</i>
9	REST	Cross Training 3 x 20 mins	<i>40 min run including 2x8 mins @ Threshold with 4 mins recovery</i>	REST	5x4 mins at threshold pace with 90 second recovery	Cross Training 3 x 20 mins	<i>Long Run 55 mins</i>
10	REST	Cross Training 2 x 20 mins	REST	<i>Threshold run 2 x 10 mins effort with 3 mins recovery</i>	REST	Recovery run 30 mins	<i>Long Run 60 mins</i>

11	REST	Cross Training 3 x 20 mins	<i>45 min run including 15 mins @ Threshold</i>	REST	5 x 3 mins @ threshold with 90 second recovery	REST	<i>Long Run 40 mins</i>
12	REST	Rest	<i>30 min run including 2x5 mins @ Threshold with 2 mins recovery</i>	Rest	Rest	Recovery run 10 mins	10km race