

Name: _____ Race: _____ Date: _____

10k Beginner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	REST	4 x (1 mins Brisk walk, 5 mins at Easy run) + Stretch	45 mins cross training / strength & conditioning	4 x (1 mins Brisk walk, 5 mins at Easy run) + Stretch	REST	45 mins cross training / strength & conditioning	5 x (1 mins Brisk walk, 5 mins at Easy run) + Stretch
Week 2	REST	5 x (1 mins Brisk walk, 5 mins at Easy run) + Stretch	45 mins cross training / strength & conditioning	4 x (2 mins Walk + 7 mins at Easy run) + Stretch	REST	45 mins cross training / strength & conditioning	4 x (2 mins Walk + 7 mins at Easy run) + Stretch
Week 3	REST	10 mins warm-up, 4 x 2 mins at Threshold effort run with 90 second recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength & conditioning	25 mins Easy / Steady run + Stretch	REST	45 mins cross training / strength & conditioning	2 x (5 mins Brisk walk, 15 - 20 mins at Easy run, 5 mins Brisk Walk) + Stretch
Week 4	REST	10 mins warm-up, 5 x 2 mins at Threshold effort run with 90 second recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength & conditioning	25 mins Easy / Steady run + Stretch	REST	45 mins cross training / strength & conditioning	2 x (5 mins Brisk walk, 15 - 20 mins at Easy run, 5 mins Brisk Walk) + Stretch
Week 5	REST	35 mins Easy / Steady run + Stretch	45 mins cross training / strength & conditioning	35 mins Easy / Steady run + Stretch	REST	45 mins cross training / strength & conditioning	45 mins Easy / Steady run + Stretch
Week 6	REST	10 mins warm-up, 5 x 3 mins at Threshold effort run with 90 second recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength & conditioning	20 mins Easy run + Stretch	REST	parkrun	REST
Week 7	REST	10 mins warm-up, 5 x 3 mins at Threshold effort run with 90 second recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength & conditioning	40 mins Easy / Steady run + Stretch	REST	45 mins cross training / strength & conditioning	45 mins Easy / Steady run + Stretch
Week 8	REST	10 mins warm-up, 5 x 4 mins at Threshold effort run with 90 second recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength & conditioning	45 mins Easy / Steady run + Stretch	REST	45 mins cross training / strength & conditioning	50 mins Easy / Steady run + Stretch
Week 9	REST	10 mins warm-up, 5 x 4 mins at Threshold effort run with 90 second recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength & conditioning	40 mins Easy / Steady run + Stretch	REST	45 mins cross training / strength & conditioning	60 mins Easy / Steady run + Stretch
Week 10	REST	10 mins warm-up, 4 x 3 mins at Threshold effort with 60 second recovery between efforts, 10 mins cool-down + Stretch	REST	20 mins Easy run + Stretch	REST	15 mins Easy run + Stretch	10k Race Day