

10K BEGINNER

If you have run on and off for six months, this program will help guide you from running/walking to tackling a 10K run in 12 weeks.

GOAL = TO RUN 10K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x 2min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	5-6K
2	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x 2min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
3	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
4	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	7-8K
5	Rest	30min easy run	Rest	Warm up: 6 min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	7-8K
6	Rest	30min easy run	Rest	Warm up: 5min run 5 x 4min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	8-9K
7	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 1min easy run Cool down: 6min easy run	Rest	Cross training/Gym	8-9K
8	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 2min easy run Cool down: 9-6 min easy run	Rest	Cross training/Gym	7-8K
9	Rest	30min easy run	Rest	Warm up: 10min run 5 x 1K mod/hard run + 2min rest Cool down: 5 min easy run	Rest	Cross training/Gym	9-11K
10	Rest	30min easy run	Rest	Warm up: 10min run 5 x 1K mod/hard run + 2min rest Cool down: 5 min easy run	Rest	Cross training/Gym	9-11K
11	Rest	30min easy run	Rest	Warm up: 10min run 5 x 800m mod/hard run + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym	8K
12	Rest	30min easy run	Rest	Warm up: 10min 5 x 2min moderate run + 1min easy run Cool down: 5min easy run	Rest	Warm up: 5min walk 15min run	RACE DAY

LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

EFFORT KEY:

EASY - You can hold a conversation | **MODERATE** - You can say short phrases

HARD - Speaking is virtually impossible