



Beginners 10km Schedule

This schedule aims to progress runners from being able to run 5km to 10km within six weeks. If in any doubt always seek medical advice prior to starting any exercise programme.

<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>
Monday 20 mins steady run	Monday Rest	Monday Rest
Tuesday Rest	Tuesday 35 mins easy run	Tuesday 30 mins steady
Wednesday 3 x 5 mins hard (jog 3 mins between)	Wednesday Rest	Wednesday 3 x 5 mins hard (jog 3 mins between)
Thursday Rest	Thursday 20 mins steady run	Thursday Rest
Friday 25 mins steady run	Friday Rest	Friday 35 mins steady
Saturday Rest	Saturday 2 x 10 mins hard (4 mins walk between)	Saturday Rest
Sunday 30 mins easy run	Sunday 40 mins easy run	Sunday 50 mins run

WEEK 4

Monday

Rest

Tuesday

35 mins steady run

Wednesday

Rest

Thursday

40 mins steady run

Friday

4 x 6 mins hard (3 mins jog between)

Saturday

Rest

Sunday

60 mins easy

WEEK 5

Monday

Rest

Tuesday

40 mins steady run

Wednesday

Rest

Thursday

45 mins steady run

Friday

2 x 12 mins hard (3 mins jog between)

Saturday

Rest

Sunday

60 mins easy

WEEK 6

Monday

Rest

Tuesday

30 mins steady run

Wednesday

2 x 6 mins hard (3 mins jog between)

Thursday

Rest

Friday

20 mins steady run

Saturday

Rest

Sunday

10km Run