



10km - BEGINNER PLAN

This plan

This beginner 10k plan is designed to get you ready to run your first 10k or first 10k after a long period out of running. As long as you're currently healthy, this plan will help you as a beginner get ready for your 10k race in 10 weeks.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Rest	2 x 10min easy run with a 5 min brisk walk recovery	Rest	2 x 12min easy run with a 3 min brisk walk recovery	Rest	REST or 20-30 min aerobic x training easy	2 x 15 min easy run with a 5min brisk walk recovery
2.	Rest	20 mins recovery run	Rest	20 mins recovery run	Rest	REST or 20-30 min aerobic x training easy	30 mins easy run
3.	Rest	10 min easy run then 3 x (3min @ threshold with 2min walk/jog recovery)	Rest	30 min easy run	Rest	REST or 30 min aerobic x training easy	40 mins easy run (if needed do as 2 x 20 mins with a 5min brisk walk)
4.	Rest	10 min easy run then 3 x (4min @ threshold with 2min walk/jog recovery) then 10 mins easy run	Rest	30 min run as: 10 mins easy, 10 mins steady (very slightly faster) 10 mins easy	Rest	REST or 30 min aerobic x training easy	40 mins all easy
5.	Rest	30 mins easy run	Rest	40 mins easy run	Rest	Parkrun or self timed 5km time trial	Recovery run 30 mins
6.	Rest	3 x 5mins @ threshold/2 mins jog recovery within 30 min run	Rest	35 min easy run	Rest	REST or 30 min aerobic x training middle 20 is 2 mins harder/3 mins easy x 4	Long run 50 mins



10km - BEGINNER PLAN

Keeping it all in balance

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is to imagine a triangle with training at the top and rest and nutrition in the bottom corners. Most of us think about the training sessions we need to do to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also given as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition and ensuring you listen to your body and respect its need to rest in order to improve.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.	Rest	4 x 5mins @ threshold/90 secs jog recovery within a 40 min run	Rest	10mins easy pace 10mins steady pace 10mins nearing threshold	Rest	REST or 30 mins aerobic x train with the last 15 mins harder than the first + S&C	Long run 50-60 mins
8.	Rest	4 x 6mins @ threshold/2mins jog recovery within a 30-40 min run	Rest	20 easy + 20 steady (no recovery)	Rest	REST or 40 mins x train middle 20 is 2 mins harder/3mins easy x 4	Long run 60-70 mins
9.	Rest	Fartlek session of 6mins, 5mins, 4mins, 3mins, 2mins, 1min (90 secs jog recovery)	Rest	15 mins easy pace 15 mins steady pace 15 mins nearing threshold	Rest	REST or 30mins aerobic x train	40 mins easy run
10.	Rest	5 x 3mins @ threshold/2 mins recovery within a 30min run	Rest	20mins easy	20mins aerobic X/T easy	Rest	10k Race Day - Good Luck!

Training

Your running, cross training and conditioning sessions contained within this plan will progress over the weeks and become more specific to the distance you're training for.

Nutrition

You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to have both the energy to train hard, but also heal muscles and cells between sessions and keep you immune system, blood and bones strong.

Rest

Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.