



Together we are
beating cancer

10k training plan Beginner

running
withus 



10k training plan

Beginner

Getting started

Performance training and fitness development can feel complicated, with lots of conflicting advice – but it doesn't have to be.

Training

Your running, cross-training and conditioning sessions in 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, so you have the right macro- and micro-nutrients in your body for energy to train hard, repair muscles and cells between sessions, and support your immune system, blood and bones.

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.

Things to consider

- Always substitute cross-training for walking if you're injured, very sore or it's not safe to walk.
- If you have time, add core conditioning, Pilates or yoga classes once or twice a week.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a run.
- Always train at the specified efforts – don't work too hard.
- Tiredness builds up, so take extra rest if required.



10k training plan

Beginner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Easy run: 2 x (10 min with 5 min brisk walk recovery)	Rest	Run: 2 x (12 min easy with 3 min brisk recovery walk)	Rest	Rest or 20–30 min easy cross-training	Easy run: 2 x (5 min easy with 5 min brisk walk recovery)
2	Rest	Recovery run: 20 min	Rest	Recovery run: 20 min	Rest	Rest or 20–30 min easy cross-training	Easy run: 30 min
3	Rest	Run: 10 min easy, 3 x (3 min threshold + 2 min walk/jog recovery)	Rest	Easy run: 30 min	Rest	Rest or 20–30 min easy cross-training	Easy run: If needed, do as 2 x (20 min with 5 min brisk walk)
4	Rest	Run: 10 min easy, 3 x (4 min threshold + 2 min walk/jog recovery) then 10 min easy run	Rest	Run: 30 min with 10 min easy, 10 min steady (very slightly faster), 10 min easy	Rest	Rest or 20–30 min easy cross-training	Easy run: 40 min
5	Rest	Easy run: 30 min	Rest	Easy run: 40 min	Rest	Parkrun or self-timed 5k	Recovery run: 30 min

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Rest	Run: 30 min with 3 x (5 min threshold + 2 min jog recovery)	Rest	Easy run: 35 min	Rest	Rest or 30 min cross-training: Middle 20 is 4 x (2 min harder, 3 min easy)	Long run: 1 hr
7	Rest	Run: 40 min 4 x (5 min threshold + 1 min 30 sec jog recovery)	Rest	Run: 10 min easy, 10 min steady, 10 min near threshold	Rest	Rest or 30 min cross-training: Last half harder than the first	Long run: 50 min–1 hr
8	Rest	Run: 30–40 min with 4 x (6 min threshold, 2 min jog recovery)	Rest	Run: 20 min steady, 20 min easy (no recovery)	Rest	Rest or 30 min easy cross-training	Long run: 1 hr–1 hr 10 min
9	Rest	Fartlek run: 6, 5, 4, 3, 2, 1 min, 1 min 30 sec jog recovery	Rest	Run: 15 min easy, 15 min steady, 15 min near threshold	Rest	Rest or 30 min easy cross-training	Easy run: 40 min
10	Rest	Run: 30 min with 5 x (3 min threshold/ 2 min recovery)	Rest	Easy run: 20 min	Cross-training: 20 min easy	Rest	Race day – good luck!