

BEGINNER 10KM RUN PROGRAM

Hint and Tips:

If you have followed the beginner 5km program for the last 4 weeks and the fitness levels have increased with regular training, you will be ready to step it up a bit over the next 4 weeks and go from 5km racing to 10km racing no problem. As mentioned before, be extra cautious about niggles. At this level, you will need to wear a decent pair of running shoes to assist with your run/walk training.

Week 1:

- Monday Rest day
- Tuesday 4km easy run
- Wednesday Rest day
- Thursday 4km easy run/walk on grass or other soft surface
- Friday Rest day
- Saturday 6km easy run. You can walk part of the route as you increase the mileage
- Sunday Rest day

The weekly mileage for this week is 14km. We keep running restricted to 3 days per week and allow for adequate rest periods

Week 2:

- Monday 5km easy run/jog with some walking if need be
- Tuesday 2km warm-up easy/10 x 100m hard up hill/easy down the hill
- Wednesday Rest day
- Thursday 6km easy run/walk/jog session
- Friday Rest day
- Saturday 8km easy slow run/with a stop at half way and some walks
- Sunday Rest day

Weekly mileage for week is 23km. The hill work can be done on a semi steep piece of road. Only 100m at a time is hard uphill work, the rest is easy down the hill before you repeat the intervals until you have climbed the hill 10 times in total. Use the downhill to recover as much as possible.

Week 3:

- Monday 4km easy recovery run
- Tuesday 4km club time trial or own route
- Wednesday Rest day
- Thursday 6km easy recovery run
- Friday Rest day
- Saturday Rest day
- Sunday 8km easy run/stop and walk at halfway. Keep pace slow

The total weekly mileage is 22km.

Week 4:

- Monday Rest day
- Tuesday 5km easy run/recover/stretch well
- Wednesday Grass/Track/2km easy/10 x 200m semi sprints rest 30 secs
- Thursday Track/2km warm-up/2 x 1km tempo intervals rest 20 secs/1km cool down
- Friday Rest day
- Saturday Rest day
- Sunday 10km road race

The weekly mileage is 23km, including your first 10km race.

Good luck!