

Beginners 10 week Training Guide for 10km Run - by time

DAY	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
MON	20	20	30	30	30	20 min intervals. Do 5 sets of running 1 lamp post hard, 1 lamp post easy	30 min intervals. Do 5 sets of running 2 lamp posts hard, 1 lamp post easy	20 min intervals. Do 5 sets of running 3 lamp posts hard, 1 lamp post easy	30 mins. Run 15 mins at 10km pace and 15 mins easy	20 mins. Run 10 mins at 10km pace and 10 mins easy
TUE	DAY OFF									
WED	20	30	30	30	40 min Hills	30 min Hills	40 min Hills	30 min Hills	40 min Hills	30
THURS	DAY OFF									
FRI	20 E	20 E	30 E	30 E	30 E	20 E	30 E	10km Practice	30 E	20 E
SAT	DAY OFF									
SUN	30	30	40	50	50	60	60	20 E	50	RACE DAY

Note: E = Easy