

BUPA 10 MILE TRAINING PROGRAMME - BEGINNERS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	Run/Walk 30 min	Run/Walk 40 min	Run 30 min continuously	Run 30 min continuously	Run 30 min continuously	Run 30 min continuously	Run 40 min continuously	Run 40 min continuously	Run 40 min continuously	Run 40 min continuously	Run 40 min continuously	Run 40 min continuously
DAY 3	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 4	Run/Walk 30 min	Run/Walk 40 min	Run 30 min	Run 40 min	Run 40 min	Run 50 min	Run 45 min continuously	Run 30 min continuously	Run 60 min continuously	Run 5 miles continuously. Record your time here:	Run 60 min continuously	Run 5 miles easy
DAY 5	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	Run 2 miles continuously. Record your time here:	Run 2 miles continuously. Record your time here:	Run 40 minutes continuously	Run 3 miles continuously. Record your time here:	Run 50 min continuously	Run 5 miles continuously. Record your time here:	Run 60 min continuously	Run 6 miles continuously or do a 10km race. Record your time here:	Run 60 minutes continuously	Run 8 miles continuously. Record your time here:	Run 90 minutes continuously	Run 10 miles continuously or do a 10 mile race

For expert advice on your running visit www.buparunning.co.uk

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