



Beginner 10km programme

This programme is for you if you're new to running and would like to train for a 10km (6 mile) run. To make the most of this programme, you should be able to run / walk 5km (3 miles) in less than 40 minutes, and you may have already completed the beginner 5km programme



One mile is equivalent to 1.6km. For this training programme, distances in miles have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins easy (but walk for 3 minutes if you need a rest, then try to run again)	Rest	30 mins easy	Rest	Rest	Long run: 2 miles (3km) try not to walk if you can
Week 2	Rest	30 mins easy	Rest	30 mins easy	Rest	Rest	Long run: 3 miles (5km)
Week 3	Rest	30 mins easy	Rest	20 mins interval running	Rest	Rest	Long run: 3 miles (5km)
Week 4	Rest	40 mins easy	Rest	30 mins easy	Rest	Rest	Long run: 50 minutes
Week 5	Rest	30 mins interval running	Rest	40 mins easy	Rest	Rest	Long run: 4 miles (6km)
Week 6	Rest	30 mins easy	Rest	40 mins easy	Rest	Rest	Long run: 5 miles (8km)
Week 7	Rest	40 mins easy	Rest	40 mins interval running	Rest	Rest	Long run: 4 miles (6km)
Week 8	Rest	30 mins easy	Rest	20 mins easy	Rest	Rest	RACE

