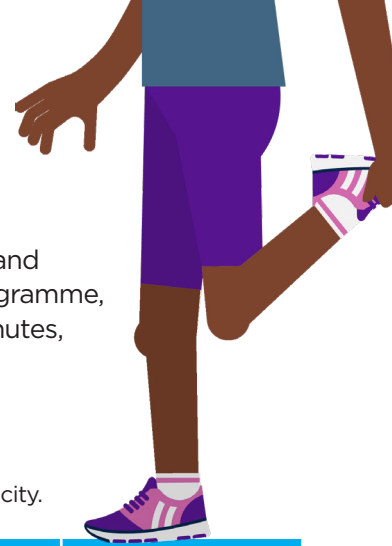




Beginner 10 mile programme

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



Use this alongside our 10-mile training webpage: bupa.co.uk/10-mile-plan.

The effort levels described here correspond to the 'Activity' column. One mile is equivalent to 1.6km.

For this training programme, distances in km 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 (try not to walk if you can)
Week 2	Rest	30 mins easy	Rest	40 mins easy	Rest	Rest	Long run: 2miles
Week 3	Rest	30 mins easy	Rest	30 mins easy	Rest	Rest	Long run: 3 miles (5k)
Week 4	Rest	30 mins easy	Rest	40 mins easy	Rest	Rest	Long run: 3 miles (5k)
Week 5	Rest	30 mins interval running	Rest	40 mins easy	Rest	Rest	Long run: 4 miles
Week 6	Rest	40 mins easy	Rest	40 mins tempo	Rest	Rest	Long run: 5 miles
Week 7	Rest	40 mins interval running	Rest	50 mins easy	Rest	Rest	Long run: 60 mins
Week 8	Rest	30 mins easy	Rest	40 mins easy	Rest	Rest	Long run: 6 miles (or a 10k race)
Week 9	Rest	40 mins easy	Rest	50 mins tempo	Rest	Rest	Long run: 60 mins
Week 10	Rest	40 mins interval running	Rest	50 mins easy	Rest	Rest	Long run: 8 miles (13k)
Week 11	Rest	50 mins easy	Rest	50 mins tempo	Rest	Rest	Long run: 90 mins
Week 12	Rest	30 mins easy	Rest	30 mins easy	Rest	Rest	10-MILE RACE

