



# 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.



Use this alongside our 10km training webpage: [bupa.co.uk/10k-plan](http://bupa.co.uk/10k-plan).

The effort levels described here correspond to the 'Activity' column. 1km is equivalent to 0.6 miles.

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   | <b>30 mins easy</b><br>(but walk for 3 minutes if you need a rest, then try to run again) | Rest      | <b>30 mins easy</b>             | Rest   | Rest     | <b>Long run: 2 miles</b><br>(try not to walk if you can) |
| Week 2 | Rest   | <b>30 mins easy</b>   | Rest      | <b>30 mins easy</b>             | Rest   | Rest     | <b>Long run: 3 miles</b>                                 |
| Week 3 | Rest   | <b>30 mins easy</b>   | Rest      | <b>20 mins interval running</b> | Rest   | Rest     | <b>Long run: 3 miles</b>                                 |
| Week 4 | Rest   | <b>40 mins easy</b>   | Rest      | <b>30 mins easy</b>             | Rest   | Rest     | <b>Long run: 50 mins</b>                                 |
| Week 5 | Rest   | <b>30 mins interval running</b>   | Rest      | <b>40 mins easy</b>             | Rest   | Rest     | <b>Long run: 4 miles</b>                                 |
| Week 6 | Rest   | <b>30 mins easy</b>   | Rest      | <b>40 mins easy</b>             | Rest   | Rest     | <b>Long run: 5 miles</b>                                 |
| Week 7 | Rest   | <b>40 mins easy</b>   | Rest      | <b>40 mins interval running</b> | Rest   | Rest     | <b>Long run: 4 miles</b>                                 |
| Week 8 | Rest   | <b>30 mins easy</b>   | Rest      | <b>20 mins easy</b>             | Rest   | Rest     | <b>Long run: 6 miles (10k)</b>                           |

