

Week / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
BEGINNERS 10K TRAINING GUIDE Target: To reach 10k Pre-requisite: Beginners 5k guide 4 days per week							
1	20 mins	Rest	3 x 5 min fast, jog 3 mins in between	Rest	25 min steady	Rest	30 min easy
2	Rest	35 min easy	Rest	20 min steady	Rest	2 x 10 min fast, 4 min walk in between	40 min easy
3	Rest	30 min steady	3 x 6 min fast, 3 min jog in between	Rest	35 min steady	Rest	50 min easy
4	Rest	35 min steady	Rest	40 min steady	4 x 6 min run, 3 min walk/jog in between	Rest	60 min easy
5	Rest	30 min steady	3 x 8 min cruise, 2 min jog in between	Rest	25 min steady	Rest	10k run

Terminology

Easy runs should be just that - EASY! Realistically, they should not be much faster than jogging. Long runs are about building time on your feet while shorter runs are about recovery. The main purpose of these runs are to educate muscles, burn fat and utilise oxygen.

Steady running is slightly faster but remain relaxed and you should comfortably be able to maintain a conversation.

Pace runs are not flat out but a good strong run where you will be slightly out of breath. Ideally, these should be run at 85% of you maximum and this can be achieve with the use of a heart rate monitor. You should not be able to hold a full conversation at this pace. These runs will increase the overall pace of your running.

Repetition work will place your body under even greater stress but this is where you will reap the rewards come race day. These higher intensity sessions are great workouts for the heart and lungs.