



10K BEGINNER TRAINING PLAN

your step by step guide

13 week plan

10K

10K

BEGINNER

WEEK one(sep)

SATURDAY 13TH

- 5min Dynamic Stretch
- 4km (2min run – 1min walk)
- 10min Static Stretch

SUNDAY 14TH

rest or cross-training or yoga

MONDAY 15TH

- 5min Dynamic Stretch
- Easy Run 3km
- 10min Static Stretch

TUESDAY 16TH

rest or cross-training or yoga

WEDNESDAY 17TH

- 5min Dynamic Stretch
- Easy Run 3km
- 10min Static Stretch

THURSDAY 18TH

rest or cross-training or yoga

FRIDAY 19TH

rest

TIP

Don't worry about pace just get used to moving regularly.

10K

WEEK *two(sep)*

BEGINNER

SATURDAY 20TH

- 5min Dynamic Stretch
 - Easy Run 3km
- 10min Static Stretch

SUNDAY 21ST

rest or cross-training or yoga

MONDAY 22ND

- 5min jog + 5min Dynamic Stretch
- Intervals (8x 400m Run Good + 200m Walk)
 - 5min Jog
- 10min Static Stretch

TUESDAY 23RD

rest or cross-training or yoga

WEDNESDAY 24TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 3km
- 10min Static Stretch

THURSDAY 25TH

rest or cross-training or yoga

FRIDAY 26TH

rest

TIP

Lay out your running clothes the night before to make starting easier.

10K

WEEK *three(sep)*

BEGINNER

SATURDAY 27TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 3km
 - 10min Static Stretch

SUNDAY 28TH

rest or cross-training or yoga

MONDAY 29TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (6-8x 1min run + 2min jog or walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 30TH

rest or cross-training or yoga

WEDNESDAY 1ST

- 5min jog + 5min Dynamic Stretch
- Intervals (10x 400m run good + 200m walk)
 - 10min Static Stretch

THURSDAY 2ND

rest or cross-training or yoga

FRIDAY 3RD

rest

TIP

Run intervals at a “comfortably hard” pace, not all-out.

10K

WEEK *four(oct)*

BEGINNER

SATURDAY 4TH

- 5min jog + 5min dynamic stretch,
 - Easy Run 4km
 - 10min static stretch

SUNDAY 5TH

rest or cross-training or yoga

MONDAY 6TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 3km + (5x 100m run + 100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 7TH

rest or cross-training or yoga

WEDNESDAY 8TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 4km
 - 10min Static Stretch

THURSDAY 9TH

rest or cross-training or yoga

FRIDAY 10TH

rest

TIP

Run by effort talking should be possible, but not easy.

10K

WEEK *five(oct)*

BEGINNER

SATURDAY 11TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 5km
 - 10min Static Stretch

SUNDAY 12TH

rest or cross-training or yoga

MONDAY 13TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (6-8x 1min run + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 14TH

rest or cross-training or yoga

WEDNESDAY 15TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 16TH

rest or cross-training or yoga

FRIDAY 17TH

rest

TIP

Keep your chest tall and drive arms when running uphill.

10K

WEEK *six(oct)*

BEGINNER

SATURDAY 18TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 5km
 - 10min static stretch

SUNDAY 19TH

rest or cross-training or yoga

MONDAY 20TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 4km + (5x 100m run + 100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 21ST

rest or cross-training or yoga

WEDNESDAY 22ND

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 23RD

rest or cross-training or yoga

FRIDAY 24TH

rest

TIP

Start long runs slow patience helps you finish strong.

10K

WEEK *seven(oct)*

BEGINNER

SATURDAY 25TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 6km
 - 10min Static Stretch

SUNDAY 26TH

rest or cross-training or yoga

MONDAY 27TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (6-8 x 1min run fast + 2min walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 28TH

rest or cross-training or yoga

WEDNESDAY 29TH

- 5min jog + 5min Dynamic Stretch
- Intervals (8x 400m run good + 100m walk)
 - 10min Static Stretch

THURSDAY 30TH

rest or cross-training or yoga

FRIDAY 31TH

rest

TIP

Alternate fartlek and tempo sessions for variety

10K

BEGINNER

WEEK eight(nov)

SATURDAY 1ST

- 5min jog + 5min Dynamic Stretch
 - Long Run 6Km
 - 10Min Static Stretch

SUNDAY 2ND

rest or cross-training or yoga

MONDAY 3RD

- 5min jog + 5min Dynamic Stretch
- Easy Run 4km + (5x 200m run + 100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 4TH

rest or cross-training or yoga

WEDNESDAY 5TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 6TH

rest or cross-training or yoga

FRIDAY 7TH

rest

TIP

*If tired, adjust pace
but keep steady effort.*

10K

WEEK *nine*(*nov*)

BEGINNER

SATURDAY 8TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 7km
- 10min Static Stretch

SUNDAY 9TH

rest or cross-training or yoga

MONDAY 10TH

- 5min Jog + 5min Dynamic Stretch
- Hill Repeats (10-12 x 1min fast + 2min walk)
 - 5min Jog
- 10min Static Stretch

TUESDAY 11TH

rest or cross-training or yoga

WEDNESDAY 12TH

- 5min Jog + 5min Dynamic Stretch
- Intervals (8x 600m run good + 200m walk)
 - 10min Static Stretch

THURSDAY 13TH

rest or cross-training or yoga

FRIDAY 14TH

rest

TIP

*Break workouts into sections
(e.g., 2 reps at a time).*

10K

WEEK *ten(nov)*

BEGINNER

SATURDAY 15TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 6km
 - 10min Static Stretch

SUNDAY 16TH

rest or cross-training or yoga

MONDAY 17TH

- 5min Jog + 5min Dynamic Stretch
- Easy Run 5km + (5 x 100m run +100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 18TH

rest or cross-training or yoga

WEDNESDAY 19TH

- 5min Jog + 5min Dynamic Stretch
 - Tempo Run 6km
 - 10min Static Stretch

THURSDAY 20TH

rest or cross-training or yoga

FRIDAY 21TH

rest

TIP

*Practice race-day fueling try
water or a small snack.*

10K

WEEK eleven (nov)

BEGINNER

SATURDAY 22ND

- 5min jog + 5min Dynamic Stretch
 - Long Run 10Km
 - 10min Static Stretch

SUNDAY 23RD

rest or cross-training or yoga

MONDAY 24TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (12x 1min fast + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 25TH

rest or cross-training or yoga

WEDNESDAY 26TH

- 5min jog + 5min Dynamic Stretch
- Intervals (8x 400m run good + 200m walk)
 - 10min Static Stretch

THURSDAY 27TH

rest or cross-training or yoga

FRIDAY 28TH

rest

TIP

Relax shoulders and take light, quick steps when running fast.

10K

WEEK *twelve(dec)*

BEGINNER

SATURDAY 29TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 7km
 - 10min Static Stretch

SUNDAY 30TH

rest or cross-training or yoga

MONDAY 1ST

- 5min jog + 5min Dynamic Stretch
- Easy Run 4km + (5x 100m run +100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 2ND

rest or cross-training or yoga

WEDNESDAY 3RD

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 4km
 - 10min Static Stretch

THURSDAY 4TH

rest or cross-training or yoga

FRIDAY 5TH

rest

TIP

Visualize crossing the finish line to build confidence.

10K

WEEK *thirteen* (dec)

BEGINNER

SATURDAY 6TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 7km
 - 10min Static Stretch

SUNDAY 7TH

rest or cross-training or yoga

MONDAY 8TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 2km + (5x 100m run +100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 9TH

rest or cross-training or yoga

WEDNESDAY 10TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 3km
 - 10min Static Stretch

THURSDAY 11TH

rest or cross-training or yoga

FRIDAY 12TH

rest

TIP

Trust your training, rest is your best friend this week.

The background of the entire graphic is a photograph of two runners, a man and a woman, crossing a finish line. They are both wearing race bibs and have their arms raised in celebration. The man is on the left, wearing a white t-shirt and dark shorts. The woman is on the right, wearing a dark jacket and leggings. Other runners are visible in the background, slightly out of focus. The entire image has a semi-transparent dark blue overlay.

10K

BEGINNER

Race day!

SATURDAY, DECEMBER 13TH

BEFORE YOUR 10K RACE

5min Jog + 10min Dynamic Stretch

AFTER YOUR 10K RACE

10min Static Stretch

Good luck!