



10km beginner plan

Week 1 - Introduction to jogging

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Walk/Jog	Rest	Rest	Walk/Jog	Rest	Rest	Walk/Jog
Session Details	Aim to walk/jog for 10mins.			Aim to walk/jog for 10mins.			Aim to walk/jog for 15mins.
Focus	Move at a pace where you could still have a conversation.			Move at a pace where you could still have a conversation.			Keep moving and jog as much as you can during the 15mins.

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Walk/Jog	Rest	Walk/Jog	Rest	Rest	Walk/Jog
Session Details		Aim to walk/jog for 10mins.		Aim to walk/jog for 10mins.			Aim to walk/jog for 15mins.
Focus		Take it easy, focus on building up the amount of time you jog during the 10mins.		Find an undulating route with lots of little challenges.			Your 3rd run this week! Take it easy and build up the amount of time you jog during the 10mins.

Week 3 - Extending jogging time

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Walk/Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Aim to walk/jog for 10mins.		Aim to jog for 10mins.			Aim to jog for 15mins.
Focus		Try a different route, or go off-road to mix it up.		Keep moving and try to jog for the whole 10mins.			Keep moving and try to jog for the whole 15mins.

Week 4 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Rest	Jog	Rest	Rest	Walk /Jog
Session Details	Aim to jog for 10mins.			Aim to jog for 10mins.			Aim to jog for 15mins.
Focus	First back to back session - take it easy and stay relaxed.			Keep moving and try to jog for the whole 10mins.			Keep moving and try to jog for the whole 15mins.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Rest	Jog	Rest	Walk/Jog	Rest	Jog
Session Details			Aim to jog for 10mins.		Aim to walk/jog for 15mins.		Jog for 20mins.
Focus			Keep moving and try to jog for the whole 10mins.		Move at a pace where you could still have a conversation.		Non-stop jogging!

Week 6 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Jog for 15mins.		Jog for 15mins.			Jog for 25mins.
Focus		Easy pace, stay relaxed.		Aim to jog for the whole 15mins.			Keep moving and try to jog for the whole 25mins.

Week 7 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Jog for 15mins.		Jog for 15mins.			Jog for 30mins.
Focus		Easy pace, stay relaxed.		Non-stop jogging.			Keep moving and try to jog for the whole 30mins.

Week 8 - Upping the pace

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Rest	Jog	Rest	Jog	Rest	Run
Session Details			Jog for 15mins.		Jog for 15mins.		Run for 20mins.
Focus			Stay relaxed as you begin to build up training volume.		Steady pace, stay relaxed.		Find a pace just out of your comfort zone but still maintainable.

Week 9 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Rest	Jog	Rest	Rest	Jog
Session Details	Jog for 10mins.			Jog for 15mins.			Jog for 35mins.
Focus	This is your recovery run after yesterday, take it slow.			Steady pace, stay relaxed.			Stay at a steady pace and focus on the duration.

Week 10 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Run	Rest	Rest	Jog
Session Details		Jog for 20mins.		Run for 15mins.			Jog for 40mins.
Focus		A longer mid-week session, take it easy and keep moving.		Push harder for this shorter run.			Jog for the whole 40mins.

Week 11 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Jog	Rest
Session Details		Jog for 20mins.		Jog for 20mins.		Jog for 45mins.	
Focus		Steady pace, stay relaxed.		Push hard for 30secs after every steady 10mins.		Try a different route, or go off-road to mix it up.	

Week 12 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Rest	Run	Rest	Rest	Jog
Session Details	Jog for 20mins.			Run for 20mins.			Jog for 50mins.
Focus	Steady pace, stay relaxed.			Push harder for this shorter run.			Jog for the whole 50mins.

Week 13 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	*Jog*	Rest	Jog	Rest	Rest	Jog
Session Details	Jog for 15mins.	Jog for 20mins.		Jog for 30mins.			Jog for 60mins.
Focus	This is your recovery run after yesterday, take it slow.	Optional jog - if your body is tired listen and rest instead.		Longest midweek session so far, keep your pace steady.			Last long training run, keep the pace steady.

Week 14 - Start to taper

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Run	Rest	Rest	Jog
Session Details		Jog for 25mins.		Run for 20mins.			Jog for 55mins.
Focus		Steady pace, take it easy.		Push harder for this shorter run.			Try a different route, or go off-road to mix it up.

Week 15 - Taper week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Rest	Jog	Rest	Jog	Rest	Jog
Session Details			Jog for 20mins.		Jog for 25mins.		Jog for 45mins.
Focus			Try a different route, or go off-road to mix it up.		Steady pace, stay relaxed.		Stay at a steady pace and focus on the duration.

Week 16 - Event week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Jog	Event day
Session Details		Jog for 20mins.		Jog for 15mins.		Jog for 10mins.	Today is the day!
Focus		Steady pace, stay relaxed.		Find an undulating route with lots of little challenges.		Easy pace, stay relaxed.	Stay relaxed and enjoy the day. You've come so far in such a short time, well done!