

BEGINNER 10K TRAINING PLAN

**LEEDS
ABBAY
DASH**
10K FOR
AGE UK
23.10.22

This 10k plan is perfect for those just starting out or returning to running. Keep the pace easy and don't forget the rest days - they're important for recovery and progression.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 mins easy (but walk for 3 mins if you need a rest, then try to run again)	Rest	20 mins easy	Rest	Rest	Long run: 2 miles (try not to walk if you can)
Week 2	Rest	30 mins easy (but walk for 3 mins 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 3	Rest	30 mins easy	Rest	30 mins easy	Rest	Rest	Long run: 3 miles
Week 4	Rest	30 mins easy	Rest	20 mins interval running	Rest	Rest	Long run: 3 miles
Week 5	Rest	40 mins easy	Rest	30 mins easy	Rest	Rest	Long run: 50 mins
Week 6	Rest	30 mins interval running	Rest	40 mins easy	Rest	Rest	Long run: 4 miles
Week 7	Rest	30 mins easy	Rest	40 mins easy	Rest	Rest	Long run: 5 miles
Week 8	Rest	40 mins easy	Rest	40 mins interval running	Rest	Rest	Long run: 4 miles
Week 9	Rest	30 mins easy	Rest	20 mins easy	Rest	Rest	Long run: 4 miles
Week 10	Rest	30 mins easy	Rest	20 mins easy	Rest	Rest	Long run: 6 miles (10k)

Interval running: Alternating fast running and slow jogging or walking. This can help build speed and endurance.