



10km Beginner's Plan

RUN
things



Disclaimer

This training plan is designed for people who are in good general health. It assumes you do not have any long-standing injuries, illnesses or medical conditions. If you do or you are pregnant, you should consult a suitable medical professional before starting the plan.

Who is this plan for?

This training plan is designed for people who are new to running and have not done 10km before. If you have completed 5km, you can reduce the length of the plan to 8 weeks and start at week 5.

How the plan works

This training plan has been designed to be flexible. Although the sessions are scheduled on certain days, you can adapt the plan each week to fit in with your schedule. Any of the sessions can be moved to a different day. There's one important rule to remember: you should not do 3 or more runs on 3 or more consecutive days.

Warming up and cooling down

'Easy' sessions and 'steady' sessions do not require a warm up or cool down because they're low intensity. For intervals, time trials and race pace, you should do a fast walk or slow jog for 5 minutes before and after the main session.

Definitions

Here's some more information on the main session types in the plan:

Easy

This is low effort – maximum 6/10 and simply plodding along.

Steady

This is medium effort – about 7/10. You should feel a little challenged but will finish feeling like you could have gone faster.

Race pace

Practicing your race-day pace. Warm up and cool down needed.

Intervals

Mixed speed. High intensity (hard effort) for either a duration or a distance, followed by a period of rest. These are repeated a specific number of times. Warm up and cool down needed.

Time trial

A hard effort with consistent pace. The distance will be outlined on the plan and you should finish feeling like you couldn't have given any more. Warm up and cool down needed.

Cross training

This is being active in other areas – not running. Swimming, cycling, yoga or gym/strength and conditioning are recommended.



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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Easy run <ul style="list-style-type: none"> • Target: 1 minute running, 1 minute walking • Effort: 6/10 • Duration: 20 minutes 	Rest or cross training	Easy run <ul style="list-style-type: none"> • Target: 1 minute running, 1 minute walking • Effort: 6/10 • Duration: 20 minutes 	Rest	Easy session – fast walk <ul style="list-style-type: none"> • Target: consistency • Effort: 5-6/10 • Duration: 45 minutes 	Rest or cross training	Rest
Week 2	Easy run <ul style="list-style-type: none"> • Target: 90 seconds running, 1 minute walking • Effort: 6/10 • Duration: 25 minutes 	Rest or cross training	Easy run <ul style="list-style-type: none"> • Target: 90 seconds running, 1 minute walking • Duration: 25 minutes 	Rest	Easy session – fast walk <ul style="list-style-type: none"> • Target: consistency • Effort: 5-6/10 • Duration: 45 minutes 	Rest or cross training	Rest
Week 3	Easy run <ul style="list-style-type: none"> • Target: 2 minutes running, 1 minute walking • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Time trial <ul style="list-style-type: none"> • Target: 2 miles/3km time trial • Target: speed • Effort: 8/10 • Duration: speed dependent 	Rest	Easy run <ul style="list-style-type: none"> • Target: 2 minutes running, 1 minute walking • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Rest
Week 4	Easy run <ul style="list-style-type: none"> • Target: 2 minutes running, 30 seconds walking • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Steady run <ul style="list-style-type: none"> • Target: consistent effort • Effort: 7/10 • Duration: 30 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: 3 minutes running, 30 seconds walking • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Rest
Week 5	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 25 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 6 • Reps time: 1 minute • Rest: 1 minute • Effort: 8-9/10 	Rest	Easy run <ul style="list-style-type: none"> • Target: consistency • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Rest

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 6	<p>Steady run</p> <ul style="list-style-type: none"> • Target: consistency (walk breaks if and when needed) • Effort: 7/10 • Duration: 30 minutes 	Rest or cross training	<p>Time trial</p> <ul style="list-style-type: none"> • Distance: 3 miles/5km • Target: consistency • Effort: 8/10 • Duration: speed dependent 	Rest	<p>Easy run</p> <ul style="list-style-type: none"> • Target: consistency • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Rest
Week 7	<p>Steady run</p> <ul style="list-style-type: none"> • Distance: 3 miles/5km • Target: think about what you feel your 10km 'race pace' might be • Effort: 7/10 • Duration: speed dependent 	Rest or cross training	<p>Intervals</p> <ul style="list-style-type: none"> • Reps no: 5 • Reps time: 2 minutes • Rest: 1 minute • Effort: 8-9/10 	Rest	<p>Easy run</p> <ul style="list-style-type: none"> • Target: consistency • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Rest
Week 8	<p>Steady run</p> <ul style="list-style-type: none"> • Distance: 4 miles/6.4km • Target: always feeling comfortable • Effort: 7/10 • Duration: speed dependent 	Rest or cross training	<p>Race pace</p> <ul style="list-style-type: none"> • Target: consistency and planning • Effort: 8/10 • Duration: 30 minutes 	Rest	<p>Easy run</p> <ul style="list-style-type: none"> • Target: consistency • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Rest
Week 9	<p>Steady run</p> <ul style="list-style-type: none"> • Distance: 4.5 miles/7km • Target: 3 miles/5km at race pace • Effort: variable • Duration: speed dependent 	Rest or cross training	<p>Intervals</p> <ul style="list-style-type: none"> • Reps no: 5 • Reps time: 3 minutes • Rest: 90 seconds • Effort: 8-9/10 	Rest	<p>Easy run</p> <ul style="list-style-type: none"> • Target: consistency • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Rest

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 10	Steady run <ul style="list-style-type: none"> Distance: 5 miles/8km Target: hit a good tempo/flow Effort: 7/10 Duration: speed dependent 	Rest or cross training	Time trial <ul style="list-style-type: none"> Distance: 3 miles/5km Target: beat previous time Effort: 8/10 Duration: speed dependent 	Rest	Race pace <ul style="list-style-type: none"> Target: consistency Effort: 8/10 Duration: 30 minutes 	Rest or cross training	Rest
Week 11	Easy run <ul style="list-style-type: none"> Target: consistency Effort: 6/10 Duration: 40 minutes 	Rest or cross training	Rest	Easy run <ul style="list-style-type: none"> Target: consistency Effort: 6/10 Duration: 30 minutes 	Rest or cross training	Rest or cross training	Race pace <ul style="list-style-type: none"> Target: 5km Effort: 8/10 Duration: speed dependent
Week 12	Rest	Easy run <ul style="list-style-type: none"> Target: consistency Effort: 6/10 Duration: 30 minutes 	Rest	Rest	Easy run <ul style="list-style-type: none"> Target: consistency Effort: 6/10 Duration: 15 minutes 	Rest or cross training	Race day

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