

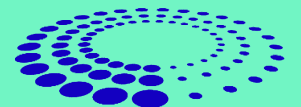


Template training plan

Running: 10km
Beginner



fullpotential



This template training plan has been provided by Mind's training partner, Full Potential.

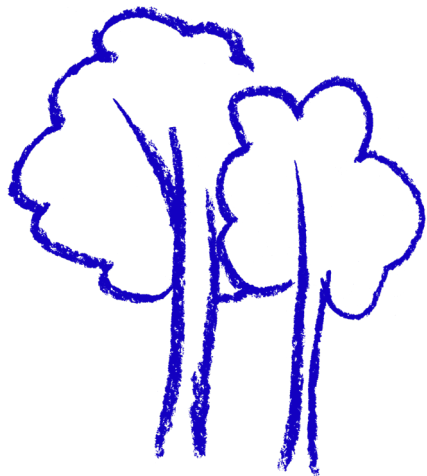
Important

Disclaimer: Full Potential is an independent service provider.

Mind does not endorse or guarantee the services of Full Potential, and you take part in a training programme recommended by Full Potential at your own risk.

It's your responsibility to consult with your GP to make sure that you're medically and physically fit and well enough to take part in a Full Potential training programme and – as per our **terms and conditions** your fundraising challenge.

Mind will not be held responsible for any injury or illness related to your training or taking part in a fundraising event.



We know physical activity can be an amazing way to support mental health. However, it isn't helpful for everyone all the time.

It's important to recognise that some of us can develop an unhealthy relationship with physical activity. Anyone can develop an unhealthy relationship with exercise.

But this may be more likely if you have certain types of mental health problems. There's lots of tips for developing a healthy relationship with physical activity on **Mind's website**.



Type of session	Perceived effort level (1-10)	How it should feel – The talk test
Brisk walk	5 – 6	You can speak in complete sentences, totally conversational, you're moving relaxed, enjoying being outside but getting a bit of a sweat on.
Easy run	6 – 6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch.
Easy cross training (gym class)	6 – 7	We have plenty of cross training in the plan, it enables us to get the cardiovascular gains without the impact of running. Please use gym classes if you want to, just aim for easy / steady effort level so it compliments the running you are doing.
Long run	6.5 – 7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue. We recommend trying some run / walk intervals for this run. Feel free to adjust the suggested run / walk intervals.

How the plan works

This 10km plan is designed for someone who is new to running and would like to finish a 10km in 12 weeks. This plan is all about setting a great base for your running moving forwards.

We'll do 2 to 3 runs a week, with rest days designed to let the body absorb the training you are doing. We also increase the volume with a few cross training sessions, these will get you fitter without adding more impact.

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up running too quickly, which can result in feeling tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart.

On the left, is our guide to the running sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Making the training plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind.

- Key sessions for each week are highlighted in **BLUE**. These are the non-negotiable sessions that you need to fit into your diary in order to run your best race.
- Avoid key sessions on back to back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an easy long run, but this is for more advanced runners.
- Sessions in **BLACK** are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.



10km training plan: beginner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	30 minutes brisk walk	30 minutes easy cross training / gym class	5 minutes brisk walk warm up, 10 x (30 seconds run, 60 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	Rest day	45 minutes brisk walk, ideally off road
Week 2	Rest day	5 minutes brisk walk warm up, 10 x (30 seconds run, 30 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	30 minutes easy cross training / gym class	5 minutes brisk walk warm up, 5 x (60 seconds run, 60 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	15 minutes brisk walk, 10 x (1 minutes run, 1 minute walk), 15 minutes brisk walk
Week 3	Rest day	40 minutes brisk walk	Rest day	5 minutes brisk walk warm up, 15 x (30 seconds run, 60 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	Rest day	15 minutes brisk walk, 8 x (2 minutes run, 1 minute walk), 15 minutes brisk walk
Week 4	Rest day	5 minutes brisk walk warm up, 10 x (30 seconds run, 30 seconds brisk walk), 5 minutes brisk walk cool down	30 minutes easy cross training / gym class	5 minutes brisk walk warm up, 8 x (45 seconds run, 15 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	Rest day	15 minutes brisk walk, 15 x (1 minutes run, 1 minute walk), 15 minutes brisk walk

Running: 10km beginner plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Rest day	45 minutes brisk walk	30 minutes conditioning work	5 minutes brisk walk warm up, 10 x (45 seconds run, 15 seconds brisk walk), 5 minutes brisk walk cool down	30 minutes easy cross training / gym class	Rest day	60 minutes brisk walk, ideally off road.
Week 6	Rest day	5 minutes brisk walk warm up, 8 x (45 seconds run, 15 seconds brisk walk), 5 minutes brisk walk cool down	30 minutes conditioning work	Rest day	5 minutes brisk walk warm up, 6 x (60 seconds run, 60 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	15 minutes brisk walk, 20 x (1 minutes run, 1 minute walk), 15 minutes brisk walk
Week 7	Rest day	45 minutes easy cross training / gym class	30 minutes conditioning work	5 minutes brisk walk warm up, 6 x (2 minutes run, 60 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	Rest day	15 minutes brisk walk, 10 x (2 minutes run, 1 minute walk), 15 minutes brisk walk
Week 8	Rest day	5 minutes brisk walk warm up, 10 x (50 seconds run, 10 seconds brisk walk), 5 minutes brisk walk cool down	30 minutes conditioning work	45 minutes easy cross training / gym class	5 minutes brisk walk warm up, 6 x (60 seconds run, 60 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	70 minutes brisk walk, ideally off road.
Week 9	Rest day	45 minutes easy cross training / gym class	30 minutes conditioning work	5 minutes brisk walk warm up, 12 x (60 seconds run, 60 seconds brisk walk), 5 minutes brisk walk cool down	30 minutes easy cross training / gym class	Rest day	15 minutes brisk walk, 12 x (2 minutes run, 1 minute walk), 15 minutes brisk walk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	Rest day	5 minutes brisk walk warm up, 15 x (50 seconds run, 10 seconds brisk walk), 5 minutes brisk walk cool down	30 minutes conditioning work	30 minutes easy cross training / gym class	5 minutes brisk walk warm up, 6 x (2 minutes run, 60 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	10 minutes brisk walk, 25 x (1 minutes run, 1 minute walk), 10 minutes brisk walk
Week 11	Rest day	5 minutes brisk walk warm up, 5 x (3 minutes run, 60 seconds brisk walk), 5 minutes brisk walk cool down	30 minutes conditioning work	Rest day	5 minutes brisk walk warm up, 8 x (50 seconds run, 10 seconds brisk walk), 5 minutes brisk walk cool down	Rest day	10 minutes brisk walk, 10 x (2 minutes run, 1 minute walk), 10 minutes brisk walk
Week 12	Rest day	5 minutes brisk walk warm up, 3 x (3 minutes run, 60 seconds brisk walk), 5 minutes brisk walk cool down	30 minutes conditioning work	30 minutes easy cross training / gym class	Rest day	Rest day	10km race day

Thank you for supporting Mind!

Did you know...?

Full Potential would be happy to provide you with a personalised training plan. To get your plan and to see other training content, visit mind.org.uk/traininghub

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