

### 12 week 10k beginners schedule

	Cross train or rest	RUN 1	REST	RUN 2	RUN 3	REST	RUN 4
Week 1	REST	2k easy run	REST	REST	2k easy	REST	3k
Week 2	REST	2k easy run	REST	REST	3k easy	REST	3k
Week 3	20 mins easy	3k easy run	REST	REST	3k easy	REST	4k
Week 4	20 mins easy	3k easy run	REST	REST	3k easy	REST	4k
Week 5	25 mins easy	3k easy run	REST	REST	4k easy	REST	5k
Week 6	25 mins easy	3k easy run	REST	REST	4k easy	REST	6k
Week 7	30 mins easy	4k easy run	REST	REST	5k easy	REST	7k
Week 8	30 mins easy	4k easy run	REST	REST	5k easy	REST	8k
Week 9	30 mins easy	5k easy run	REST	REST	5k easy	REST	9k
Week 10	30 mins easy	5k easy run	REST	REST	5k easy	REST	10k
Week 11	20 mins easy	5k easy run	REST	REST	4k easy	REST	6k
Week 12	REST	4k easy run	REST	REST	3k easy	REST	RACE

Training runs: “Easy runs” should be a slow, steady and comfortable speed in an attempt to maintain your pace for the entire run. If you are combining running and walking, then just aim to add one extra minute of running to your running sections each week to eventually move to more continuous running.

Cross train: Option to Cross train or rest depending on how your body feels (you may also easy run for time stated if preferred). Cross training exercises are great for giving the body a break whilst still improving/maintaining fitness. Cycling, swimming, cross trainer etc.

Start building up on your long run again. This is a comfortable pace. You should be able to still speak a few words when you are running – if you can’t talk, you’re going too fast! 😊