

# Beginners 10km Training Plan

Written and produced by Graeme Hilditch of [fitFAQS.co.uk](http://fitFAQS.co.uk).  
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# THE FITFAQS.CO.UK 10K TRAINING PLAN

BEGINNER

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	2 mile jog walk if necessary	Rest	2 min quick jog 3 min slow x 4	Rest	40 min walk & jog	Rest	2 mile jog - try not to walk
2	Rest or light walk	Rest	2 min quick jog 3 min slow x 5	Rest	Brisk 6 km walk with jogs	Rest	2-3 mile jog - walk if necessary
3	Rest or light walk	Rest	45 min walk & jog on hills	Rest	40 min walk and run	Rest	2-3 mile jog - try not to walk
4	Rest or light walk	Rest	3 min quick jog 2 min slow x 4	Rest	30 min run & walk	Rest	3-4 mile jog & walk
5	Rest or light walk (40 min)	Rest	4 mile - 1 mile run & 1 mile walk	Rest	40 min walk & jog	Rest	4-5 mile run - try not to walk
6	Rest or light walk (40 min)	Rest	5 min quick jog & 3 min walk x4	Rest	45min walk & jog	Rest	4-5 mile - run as much as possible
7	Rest or light walk (40 min)	Rest	4 mile - 1 mile run & 1 mile walk	Rest	45 min run & walk	Rest	6 mile jog - walk if necessary
8	Rest or light walk (40 min)	Rest	45 min walk & jog on hills	Rest	60 min jog & walk	Rest	6 mile run - try not to walk
9	Rest or light walk (40 min)	Rest	45 min walk & run	Rest	Rest or 45 min walk & jog	Rest	6 mile jog & walk
10	Rest or 3 mile gentle jog	Rest	3-4 mile jog	Rest	2-3 mile walk & jog	Rest	RACE DAY

## Key points on how to use the beginner's timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word. Everyone is different and adapts to running at a different rate. Therefore, if you find the going tough, then it's fine to reduce the distance a bit. Equally if you find it too easy dip into the advanced schedule.
- Never run if you are carrying an injury, it will make only it worse. If an injury persists, seek professional advice.
- Don't be afraid of looking at the advanced schedule and incorporate some sessions if you feel up to it.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

## Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

# TRAINING DIARY

DATE	DISTANCE RUN	NOTES