

# 12 WEEK BEGINNER 10K TRAINING PLAN

## WEEK 1

**Mon 25/06** - Rest

- Tue - 30 minutes: Run 4 sets of 5 minute runs with 2 minute walk recovery.
- Wed - Rest
- Thu - 30 minutes: Run 4 sets of 5 minute runs with 2 minute walk recovery.
- Fri- Rest
- Sat - 10-15 minutes - Workout Core
- Sun - 30 minutes: Run 3 sets of 8 minutes easy effort with 2 to 3 minute brisk walk recovery.

## WEEK 2

**Mon 02/07** – Rest

- Tue: 26 minutes - Run 2 sets of 10 minute easy runs with a 3 minute brisk walk recovery.
- Wed – Rest
- Thu - 25 minutes : Run 4 sets of 5 minute runs with a 90 second walk recovery.
- Fri – Rest
- Sat - 10-15 minutes : Workout Core
- Sun - 36 minutes: Run 3 sets of 10 minute easy runs with 2 to 3 minute brisk walk recovery.

## WEEK 3

**Mon 09/07** - Rest

- Tue - 24 minutes: Run 2 sets of 10 minute easy runs with a 90 to 120 second brisk walk recovery.
- Wed - Rest
- Thu - 30 minutes: Run 2 sets of 12 minute easy runs with a 3 minute brisk walk recovery.
- Fri - Rest
- Sat - 40 minutes: Run 20 to 30 minutes aerobic, easy cross-training followed by a core workout.
- Sun - 35 minutes: Long run 2 sets of 15 minute easy runs with a 5 minute brisk walk recovery.

## WEEK 4

### Mon 16/07 - Rest

- Tue: 20 minutes - Recovery run 20 minutes
- Wed - Rest
- Thu - 30 minutes: Run 3 sets of 8 minute easy runs with 2 to 3 minute brisk walk recovery.
- Fri - Rest
- Sat - 40 minutes: Run 20 to 30 minute aerobic, easy cross-training with a core workout.
- Sun - 30 minutes: Steady run 30 minutes

## WEEK 5

### Mon 23/07 - Rest

- Tue: 36 minutes, Run 10 minute easy run then, 3 sets of 3 minutes running at threshold with 2 min walk or jog recovery.
- Wed - Rest
- Thu - 30 minutes: Easy run 30 minutes
- Fri - Rest
- Sat - 40 minutes: Run 30 minute aerobic cross-training with core workout.
- Sun - 50 minutes  
Easy run 40 minutes (if needed do as 2 sets of 20 minutes with a 5 minute brisk walk recovery.)

## WEEK 6

### Mon 30/07 - Rest

- Tue: 38 minutes - Run 10 minutes easy run then 3 sets of 4 minute runs at threshold with 2 minute walk or jog recovery followed by a 10 minutes easy run.
- Wed - Rest
- Thu: 30 minutes - Run 30 minute run as 10 minutes easy, 10 minutes steady (slightly faster) and 10 minutes easy.
- Fri - Rest
- Sat - 40 minutes: Run 30 minute aerobic, easy cross-training and core workout.
- Sun: 40 minutes - Easy run 40 minutes

## WEEK 7

### Mon 06/08 - Rest

- Tue - 30 minutes: Easy run 30 minutes
- Wed - Rest
- Thu - 20-30 minutes - Easy run 20 to 30 minutes
- Fri - Rest
- Sat - Under 40 minutes
- Run - 5km time trial
- Sun - Rest

## WEEK 8

### Mon 13/08 - Rest

- Tue: 40 minutes - Run 4 sets of 5 minutes at threshold with 120 seconds jog recovery.
- Wed - Rest
- Thu: 40 minutes - Easy run 40 minutes
- Fri - Rest
- Sat - 40 minutes  
Run 30 minutes aerobic cross-train with the last 15 minutes harder than the first with a core workout.
- Sun - 50 minutes - Long run 50 minutes

## WEEK 9

### Mon 20/08 - Rest

- Tue - 30-40 minutes  
Run 4 sets of 6 minutes at threshold with a 2 minute jog recovery.
- Wed - Rest
- Thu - 30 minutes  
Easy run 10 minutes  
Steady run 10 minutes  
Threshold run 10 minutes
- Fri - Rest
- Sat: 40 minute - Run 30 minutes aerobic cross-train with the last 15 minutes harder than the first with a core workout.
- Sun: 50-60 minutes - Long run 50 to 60 minutes

## WEEK 10

### Mon 27/08 - Rest

- Tue - 40 minutes: Run 5 sets of 5 at threshold with a 90 second jog recovery.
- Wed - Rest
- Thu - 40 minutes  
Out and back run Run out for 20 minutes, turn around and get back 2 to 3 minutes faster.
- Fri - Rest
- Sat - 40 minutes  
Run 40 minutes cross-training with the middle 20 minutes at a pace 3 minutes harder than the rest with a core workout.
- Sun - 60-70 minutes  
Long run 60 to 70 minutes

## WEEK 11

### Mon 03/09 - Rest

- Tue - 25 minutes  
Fartlek session - 6 minutes, 5 minutes, 4 minutes, 3 minutes, 2 minutes and 1 minute.  
Have a 90 second jog recovery in between and aim to get faster in each block.
- Wed - Rest
- Thu - 45 minutes  
Easy run 15 minutes  
Steady run 15 minutes  
Near threshold 15 minutes
- Fri - Rest
- Sat - 40 minutes  
Run 30 minute aerobic cross-training with core workout.
- Sun - 40 minutes  
Easy run 40 minutes

## WEEK 12

### Mon 10/09 - Rest

- Tue - 30 minutes  
Run 5 sets of 3 minutes at threshold with 2 minutes recovery.
- Wed - Rest

- Thu - 20 minutes  
Easy run 20 minutes
- Fri - Rest
- Sat - 20 minutes  
Easy cross-train 20 minutes