E V E T S

## 10K BEGINNER <br> 16 WEEK TRAINING PLAN

WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ReSt | $\begin{gathered} \text { Mix up periods of } \\ \text { unning } \begin{array}{c} \text { nallking for } \\ 10 \text { minutes. } \end{array} \end{gathered}$ | Rest | REST | $\begin{gathered} \text { Mix up periods of } \\ \text { running \& walking } \\ \text { for } 15 \text { minutes. } \end{gathered}$ | REST | $\begin{aligned} & \text { Mixup periods of } \\ & \text { running walking for } \\ & 15 \text { minutes. } \end{aligned}$ |
| WEEK2 |  |  |  |  |  |  |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | $\begin{gathered} \text { Mix up periods of } \\ \text { running } \& \text { andking for } \\ 10 \text { minutes. } \end{gathered}$ | REST | REST | $\begin{gathered} 10 \text { minutes of easy } \\ \text { runing. } \end{gathered}$ | REST | 15 minutes of easy wuning. |

## WEEK 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 15 minutes of easy <br> ruming. | REST | REST | 10 minutes ofeasy <br> running. | REST | 20 minute of easy <br> ruming. |

## WEEK 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ReSt |  | ReSt | ReSt |  | Rest | 20 minutes of easy running |

## WEEK 5

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | $\begin{aligned} & 20 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | Rest | $\begin{aligned} & 15 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | $\begin{gathered} 20 \text { minutes of easy } \\ \text { running. } \end{gathered}$ |

## WEEK 6

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 15 minutes of easy | Rest | Rest | 15 minutes of easy | ReSt |  | E V E T S

## 10K BEGINNER <br> 16 WEEK TRAINING PLAN

## WEEK 7

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | $\begin{aligned} & 15 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | ReSt | 15 minutes of easy running. | Rest | 25 minutes of easy running. |

WEEK 8

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 15 minutes of easy | Rest | $\begin{aligned} & 20 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | ReSt | $\begin{aligned} & 10 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | 20 minutes of easy running. |

## WEEK 9

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 15 minutes of easy <br> running. | Rest | $20 \text { minutes of easy }$ running. | Rest | 10 minutes of easy running. | 15 minutes of easy |

## WEEK 10

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest |  | Rest | $\begin{aligned} & 20 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | 10 minutes of easy running. | 25 minutes of easy running. |

## WEEK 11

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | $\begin{aligned} & 15 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | $\begin{aligned} & 15 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | $\begin{aligned} & 10 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | $\begin{aligned} & 30 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ |

## WEEK 12

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 20 minutes of easy | Rest | 20 minutes of easy running. running. | Rest | 15 minutes of easy | 40 minutes of easy | EVENTS

## WEEK 13

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 15 minutes of easy | Rest | 20 minutes of easy running. | REST | 15 minutes of easy | 45 minutes of easy |

WEEK 14

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 10 minutes of easy running. | Rest | $15 \text { minutes of easy }$ running. | ReST | 15 minutes of easy running | 50 minutes of easy running. |

WEEK 15

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 15 minutes of easy running. | Rest | $\begin{aligned} & 15 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | $\begin{aligned} & 10 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | 15 minutes of easy running. |

WEEK 16

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 20 minutes of easy | Rest | $15 \text { miniusestesasy }$ | REST | 10 minutes of easy | EVENTDAY GOODUCK |

