

10K BEGINNER 16 WEEK TRAINING PLAN



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MONDAY

REST

TUESDAY

TUESDAY

Mix up periods of running & walking for 10 minutes.

WEDNESDAY

REST

THURSDAY

REST

FRIDAY

Mix up periods of running & walking for 15 minutes.

SATURDAY

REST

SUNDAY

Mix up periods of running & walking for 15 minutes.

WEEK 2

MONDAY

Mix up periods of running & walking for RFST 10 minutes.

WEDNESDAY

RFST

THURSDAY

RFST

FRIDAY

10 minutes of easy running.

SATURDAY

RFST

SUNDAY

15 minutes of easy running.

WEEK 3

MONDAY

REST

TUESDAY

15 minutes of easy running.

WEDNESDAY

RFST

THURSDAY

RFST

FRIDAY

10 minutes of easy running.

SATURDAY

RFST

20 minutes of easy running.

SUNDAY

WEEK 4

MONDAY

REST

TUESDAY

15 minutes of easy running.

WEDNESDAY

RFST

THURSDAY

REST

FRIDAY

15 minutes of easy running.

SATURDAY

REST

20 minutes of easy running.

SUNDAY

WEEK 5

MONDAY

RFST

TUESDAY

20 minutes of easy running.

WEDNESDAY

RFST

THURSDAY

REST

FRIDAY

15 minutes of easy running.

FRIDAY

SATURDAY

REST

SUNDAY

20 minutes of easy running.

WEEK 6

MONDAY

RFST

TUESDAY

15 minutes of easy running.

WEDNESDAY

RFST

THURSDAY

REST

15 minutes of easy running.

SATURDAY

REST

SUNDAY

25 minutes of easy runnina.



10K BEGINNER 16 WEEK TRAINING PLAN



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W	æ	r	K	7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

15 minutes of easy
REST

REST

REST

REST

REST

REST

REST

25 minutes of easy
REST

running.

WEEK 8

running.

MONDAY TUESDAY WEDNESDAY **THURSDAY SATURDAY SUNDAY FRIDAY** 15 minutes of easy 20 minutes of easy 10 minutes of easy 20 minutes of easy REST REST REST running. running. running. running.

WEEK 9

WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY SUNDAY 15 minutes of easy 20 minutes of easy 10 minutes of easy 15 minutes of easy REST REST **RFST** running. running. running.

WEEK 10

WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY SUNDAY 15 minutes of easy 20 minutes of easy 25 minutes of easy 10 minutes of easy REST REST RFST running. running. runnina. running.

WEEK 11

WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY SUNDAY 15 minutes of easy 15 minutes of easy 10 minutes of easy 30 minutes of easy REST REST REST running. running. running. running.

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	15 minutes of easy running.	40 minutes of easy running.



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WEEK 13

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

WEEK 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	10 minutes of easy running.	REST	15 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	15 minutes of easy running.	REST	10 minutes of easy running.	15 minutes of easy running.

WEEK 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	EVENT DAY GOOD LUCK!