

# Beginners 10k Training Plan

You have followed the 5K training schedule and by sticking to the mantra of 'little and often' you had a successful race day. With this easy to follow beginners 10K training plan you can take your running to a new level in just 10 weeks.

For further guidance on this plan please visit [www.scottishrunningguide.com](http://www.scottishrunningguide.com)

## 10 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Walk 20 minutes at a relaxed pace	Rest	Run 5 minutes, walk 3 minutes, repeat x1	Rest	Run 7 minutes, walk 2 minutes, repeat x1	30 minute brisk walk

## 9 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Walk 30 minutes at a relaxed pace	Rest	Run 10 minutes, walk 2 minutes, repeat x1	Rest	Run 7 minutes, walk 2 minutes, repeat x1	30 minute brisk walk

## 8 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Walk 30 minutes - up the pace slightly	Rest	Run 15 minutes	Rest	Run 10 minutes, walk 3 minutes, repeat x1	30 minute brisk walk

## 7 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 15 minutes	Rest	Run 20 minutes	Rest	Run 15 minutes	40 minute brisk walk

## 6 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 20 minutes	Rest	Run 20 minutes	Rest	Run 25 minutes	40 minute brisk walk

# Beginners 10k Training Plan

You have followed the 5K training schedule and by sticking to the mantra of 'little and often' you had a successful race day. With this easy to follow beginners 10K training plan you can take your running to a new level in just 10 weeks.

For further guidance on this plan please visit [www.scottishrunningguide.com](http://www.scottishrunningguide.com)

## 5 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Walk 40 minutes at a relaxed pace	Rest	Run 5 minutes - Then run 1min / walk 1min repeat x5	Rest	Run 25 minutes	Run 40 minutes

## 4 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 20 minutes	Rest	Run 5 minutes - Then run 1min / walk 1min Repeat x6	Rest	Run 20 minutes	Run 45 minutes

## 3 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Walk 40 minutes at a relaxed pace	Rest	Run 5 minutes— Then run 1min / walk 1min Repeat x8	Rest	Run 30 minutes	Run 50 minutes

## 2 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 25 minutes	Rest	Run 5 minutes— Then run 1min / walk 1min Repeat x10	Rest	Run 20 minutes	Run 60 minutes

## 1 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Run 30 minutes	Rest	Run 20 minutes	Rest	Rest	Rest	Race Day