



Now is the time to train!

10km Fun Run & Walk Beginner Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/5/18 - 13/5/18	Rest Day	25 Minutes Easy with 3 x 30 Seconds Strides	Rest Day	30 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 3 x 1km Effort with 2 Minute Jog Recovery, 10 Minute Cool Down	7km Easy
2 14/5/18 - 20/5/18	Rest Day	25 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 5 x 400m Effort with 200m Jog Recovery, 10 Minute Cool Down	7km Easy
3 21/5/18 - 27/5/18	Rest Day	25 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 2 x 10 Minute Efforts with 3 Minute Jog Recovery, 10 Minute Cool Down	8km Easy
4 28/5/18 - 3/6/18	Rest Day	20 Minutes Easy with 3 x 30 Seconds Strides	Rest Day	25 Minutes Easy with 3 x 30 Seconds Strides	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	7km Easy

*The programs should only be used as a guide and for best results you should have any program matched specifically to your current fitness level, time availability and injury history



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5 4/6/18 - 10/6/18	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 4 x 1km Effort with 2 Minute Jog Recovery, 10 Minute Cool Down	8km Easy
6 11/6/18 - 17/6/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 6 x 400m Effort with 200m Jog Recovery, 10 Minute Cool Down	8km Easy
7 18/6/18 - 24/6/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 3 x 8 Minute Efforts with 2 Minute Jog Recovery, 10 Minute Cool Down	9km Easy
8 25/6/18 - 1/7/18	Rest Day	25 Minutes Easy	Rest Day	25 Minutes Easy with 3 x 30 Seconds Strides	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	8km Easy

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9 2/7/18 - 8/7/18	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 5km Time Trial, 12 Minute Cool Down	9km Easy
10 9/7/18 - 15/7/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 5 x 1km Effort with 2 Minute Jog Recovery, 10 Minute Cool Down	9km Easy
11 16/7/18 - 22/7/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 7 x 400m Effort with 200m Jog Recovery, 10 Minute Cool Down	10km Easy
12 23/7/18 - 29/7/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	9km Easy

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 30/7/18 - 5/8/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 3 x 10 Minute Efforts with 2 Minute Jog Recovery, 10 Minute Cool Down	10km Easy
14 6/8/18 - 12/8/18	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 8 x 400m Effort with 200m Jog Recovery, 10 Minute Cool Down	11km Easy
15 13/8/18 - 19/8/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	10 Minute Warm Up, 5km at 10k Pace, 10 Minute Cool Down	8km Easy
16 20/8/18 - 26/8/18	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	25 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	20 Minute Walk	- Shepparton Running Festival - 10km Run

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