



# Now is the time to train!

## 10km Fun Run & Walk Beginner Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 6/5/19 - 12/5/19	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
<b>2</b> 13/5/19 - 19/5/19	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
<b>3</b> 20/5/19 - 26/5/19	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
<b>4</b> 27/5/19 - 2/6/19	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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<b>5</b> 3/6/19 - 9/6/19	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
<b>6</b> 10/6/19 - 16/6/19	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
<b>7</b> 17/6/19 - 23/6/19	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
<b>8</b> 24/6/19 - 30/6/19	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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<b>9</b> 1/7/19 - 7/7/19	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
<b>10</b> 8/7/19 - 14/7/19	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
<b>11</b> 15/7/19 - 21/7/19	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
<b>12</b> 22/7/19 - 28/7/19	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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<b>13</b> 29/7/19 - 4/8/19	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
<b>14</b> 5/8/19 - 11/8/19	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
<b>15</b> 12/8/19 - 18/8/19	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
<b>16</b> 19/8/19 - 25/8/19	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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