

10K TRAINING PLAN

BEGINNERS



WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	2 mile jog walk if necessary	Rest	2 min quick jog 3 min slow x 4	Rest	40 min walk & jog	Rest	2 mile jog - try not to walk
2	Rest or light walk	Rest	2 min quick jog 3 min slow x 5	Rest	Brisk 6 km walk with jogs	Rest	2-3 mile jog - walk if necessary
3	Rest or light walk	Rest	45 min walk & jog on hills	Rest	40 min walk and run	Rest	2-3 mile jog - try not to walk
4	Rest or light walk	Rest	3 min quick jog 2 min slow x 4	Rest	30 min run & walk	Rest	3-4 mile jog & walk
5	Rest or light walk (40 min)	Rest	4 mile - 1 mile run & 1 mile walk	Rest	40 min walk & jog	Rest	4-5 mile run - try not to walk
6	Rest or light walk (40 min)	Rest	5 min quick jog & 3 min walk x4	Rest	45min walk & jog	Rest	4-5 mile - run as much as possible
7	Rest or light walk (40 min)	Rest	4 mile - 1 mile run & 1 mile walk	Rest	45 min run & walk	Rest	5-6 mile jog - walk if necessary
8	Rest or light walk (40 min)	Rest	45 min walk & jog on hills	Rest	60 min jog & walk	Rest	5-6 mile run - try not to walk
9	Rest or light walk (40 min)	Rest	45 min walk & run	Rest	Rest or 45 min walk & jog	Rest	4-5 mile jog & walk
10	Rest or 3 mile gentle jog	Rest	3-4 mile jog	Rest	2-3 mile walk & jog	Rest	RACE DAY

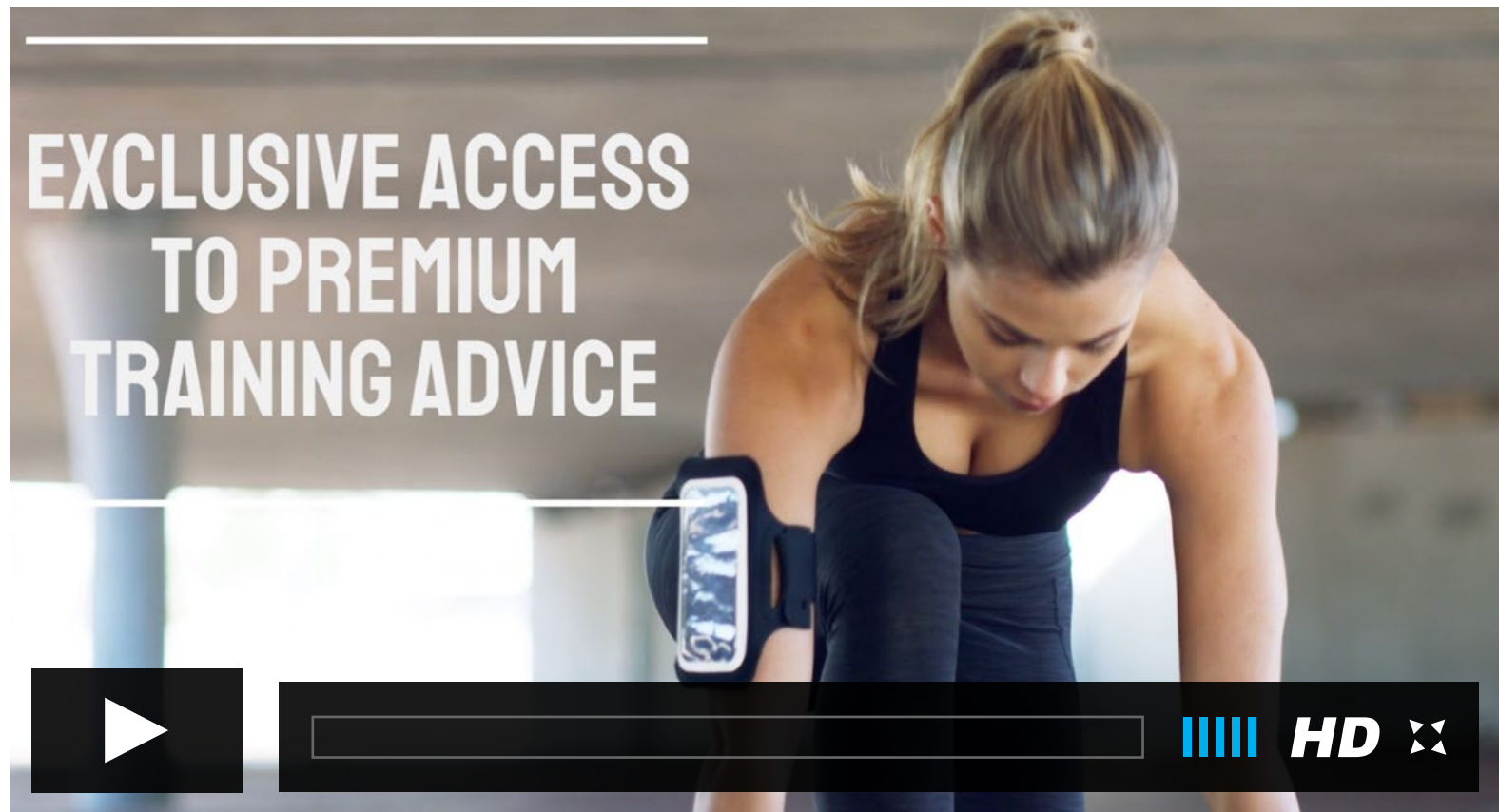
Key points on how to use the beginner's timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)



LOGIN AND LEARN

The [GH Training Video & Tutorial Library](#) is the perfect compliment to this plan.

Featuring a wide range of nutrition, training and injury prevention videos and vlogs, the library is there to help you get the most out of training.

Access is **free** - so if you don't know your login code, ask your Organisation for the details.

TRAINING DIARY

DATE	DISTANCE RUN	NOTES

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