

Beginners 10K 8-week Running Training Schedule



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1	Rest Day	Run 15 mins, walk 1 to 2 mins, run 15 mins	Rest Day	Run 15 mins, walk 1 to 2 mins, run 15 mins	Rest Day	Rest Day	Run 2 miles continuously. Record your time here:
Week 2	Rest Day	Run 18 mins, walk 1 to 3 mins, run 18 mins	Rest Day	Run 18 mins, walk 1 to 3 mins, run 18 mins	Rest Day	Rest Day	Run 5k (or 3 miles) continuously. Record your time here:
Week 3	Rest Day	Run 30 mins continuously	Rest Day	Run 30 mins continuously	Rest Day	Rest Day	Run 3 miles continuously. Record your time here:
Week 4	Rest Day	Run 30 mins continuously	Rest Day	Run 30 mins continuously	Rest Day	Rest Day	Run 40 to 45 mins continuously.
Week 5	Rest Day	Run 30 mins continuously	Rest Day	Run 40 mins continuously	Rest Day	Rest Day	Run 4 miles continuously. Record your time here:
Week 6	Rest Day	Run 30 mins continuously	Rest Day	Run 40 mins continuously	Rest Day	Rest Day	Run 50 mins continuously
Week 7	Rest Day	Run 45 mins continuously	Rest Day	Run 45 mins continuously	Rest Day	Rest Day	Run 10k (approx 6 miles) continuously. Record your time here:
Week 8	Rest Day	Run 45 mins continuously	Rest Day	Run 30 mins continuously	Rest Day	Rest Day	10k RACE