

10KM BEGINNER TRAINING PROGRAM							
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	5 x (5mins jog / 2mins walk) Total time - 35mins	Rest	7 x (4mins jog / 1min walk) Total time – 35mins	Rest	3 x (10mins jog / 5mins walk) Total time – 45mins	Rest
2	Rest	5 x (6mins jog / 2mins walk) Total time - 40mins	Rest	7 x (4 mins jog / 1 min walk) Total time – 35 mins	Rest	3 x (11mins jog / 5 mins walk) Total time – 48mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
3	Rest	5 x (6mins jog / 1mins walk) Total time - 35mins	Rest	7 x (4mins jog / 1min walk) Total time – 35mins	Rest	3 x (12mins jog / 5 mins walk) Total time – 51mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
4	Rest	5 x (6mins jog / 1min walk) Total time -35mins	Rest	1) 2 x (3mins run / 2mins walk) 2) Find a hill and run 4 x (1min steady run up the hill / 2mins walk down the hill) 3) 5mins jog to warm down Total time – 34mins	Rest	20mins jog / 2mins walk / 10mins jog / 2mins walk Total time – 34mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
5	Rest	30mins continuous run	Rest	1) 2 x (5mins run / 1min walk) 2) Find a hill and run 8 x (30sec fast run up the hill / 1min jog / walk down the hill) 3) 10mins jog to warm down Total time – 34mins	Rest	2 x (20mins jog / 2mins walk) Total time – 44mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
6	Rest	30mins continuous run	Rest	1) 10mins jog 2) 4 x (3mins steady to solid run / 2 mins recovery walk or jog) 3) 10mins jog to warm down Total time – 40mins	Rest	2 x (20mins jog / 2 mins walk / 5mins jog / 1min walk) Total time – 56mins	Rest
7	Rest	30mins continuous run	Rest	1) 10mins jog 2) 4 x (4mins steady to solid run / 2 mins recovery walk or jog) 3) 10mins jog to warm down Total time – 44mins	Rest	2 x (20mins jog / 2mins walk / 10mins jog / 1 min walk) Total time – 66mins	Rest
8	Rest	30mins continuous run	Rest	1) 10mins jog 2) 4 x (5mins steady to solid run / 2mins recovery walk or jog) 3) 10mins jog to warm down Total time – 48mins	Rest	60mins continuous run	Rest
9	Rest	30mins continuous run	Rest	1) 10mins jog 2) 4 x (5mins steady to solid run / 1min recovery walk or jog) 3) 10mins jog to warm down Total time – 44mins	Rest	70mins continuous run	Rest
10	30mins continuous run	Rest	1) 10mins jog 2) 5 x (2mins steady to solid run / 2mins recovery walk or jog) 3) 10mins walk to warm down Total time - 40mins	Rest	2 x (7mins jog / 1min walk) Total time – 16mins	Rest	<b>Lake Hamilton Fun Run</b>