

# BEGINNERS 10K SCHEDULE

TARGET: TO COVER 10K

PREREQUISITE: BEGINNERS 5K

SCHEDULE: 4 DAYS PER WEEK

## WEEK 1

### MONDAY

20 min

### TUESDAY

Rest

### WEDNESDAY

3 x 5 min fast (jog 3 min in between)

### THURSDAY

Rest

### FRIDAY

25 min steady

### SATURDAY

Rest

### SUNDAY

30 min easy

## WEEK 2

### MONDAY

Rest

### TUESDAY

35 min easy

### WEDNESDAY

Rest

### THURSDAY

20 min steady

### FRIDAY

Rest

### SATURDAY

2 x 10 min fast (4 min walk in between)

### SUNDAY

40 min easy

## WEEK 3

### MONDAY

Rest

### TUESDAY

30 min steady

### WEDNESDAY

3 x 5 min run; 3 min jog in between

### THURSDAY

Rest

### FRIDAY

35 min steady

### SATURDAY

Rest

### SUNDAY

50 min easy

## WEEK 4

### MONDAY

Rest

### TUESDAY

35 min steady

### WEDNESDAY

Rest

### THURSDAY

40 min steady

### FRIDAY

4 x 6 min run (3 min walk/jog)

### SATURDAY

Rest

### SUNDAY

60 min easy

## WEEK 5

### MONDAY

Rest

### TUESDAY

30 min steady

### WEDNESDAY

3 x 8 min cruise; 2 min jog between

### THURSDAY

Rest

### FRIDAY

25 min steady

### SATURDAY

Rest

### SUNDAY

10K run