



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Walk 30 mins	Rest	Walk 30 mins	Rest	Rest	Walk 30 Mins
Week 2	Rest	Walk 5 Mins then run 2 Mins, do this 5 times	Rest	Walk 5 Mins then run 2 Mins, do this 5 times	Rest	Rest	Walk 5 Mins then run 3 Mins, do this 4 times
Week 3	Rest	Walk 3 Mins then run 4 Mins, do this 4 times	Rest	Walk 3 Mins then run 6 Mins, complete 3 times in total	Rest	Rest	Walk 3 Mins then run 8 Mins, do this 3 times
Week 4	Rest	Walk 1 Mins then run 10 Mins, do this 3 times	Rest	Walk 1 Mins then run 12 Mins, do this 3 times	Rest	Rest	Walk 1 Mins then run 14 Mins, do this 3 times
Week 5	Rest	Run 20 Mins	Rest	Run 25 Mins	Rest	Rest	Run 20 Mins, Walk 1 Min, Run 20 Mins
Week 6	Rest	Run 25 Mins	Rest	Run 30 Mins	Rest	Rest	Run 60 Mins
Week 7	Rest	Run 30 Mins	Rest	Run 30 Mins	Rest	Rest	Run 50 Mins
Week 8	Rest	Run 30 Mins	Rest	Run 30 Mins	Rest	Rest	Run 40 Mins
Week 9	Rest	Run 30 Mins	Rest	Run 30 Mins	Rest	Rest	Run 70 Mins
Week 10	Rest	Run 20 Mins	Rest	Run 20 Mins	Rest	Rest	10K Race Day!

Training plan for beginners aiming to comfortably complete a 10k run.

A 10k training plan specifically for beginners from Reading Roadrunners.

It's aimed at those looking to run their first 10k and is ideal for training for one of the major 10k events such as the Mortimer or Shinfield 10k.

This 10 week basic plan is aimed at getting you to a level where you are able to comfortably complete a 10km run, without any focus on speed.

The plan sets out 3 runs a week along with rest days.

You can change the days to suit your schedule but make sure you have the required number of rest days between each training run.

Remember to stretch after your run and walk for 3 to 4 minutes to warm down after you've finished.