

# 10K BEGINNERS PROGRAMME

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Week 1	2min easy jog + 2/3min walk – repeat 5 times	Brisk walk & Bodyweight exercises	Rest	As Mon.	As Tues.	2min jog + 3min walk – repeat 6 times	Rest
Week 2	3min jog + 3min walk – repeat 5 times	45min brisk walk & bodyweight exercises	Rest or easy walk	2min jog + 2min walk – repeat 5 times	As Tues.	3min jog + 3min walk – repeat 5 times	Rest
Week 3	3min jog + 3min walk – repeat 6 times	Brisk walk & bodyweight exercises	Rest	2min jog + 2min walk – repeat 6 times	As Tues.	As Mon.	Rest
Week 4	4min jog + 3/4min walk – repeat 5 times	Brisk walk & bodyweight exercises	Rest	3min jog + 3min walk – repeat 5 times	As Tues.	4min jog + 3/4min walk – repeat 5 times	Rest
Week 5	5min jog + 3/4min walk – repeat 5 times	Brisk walk & bodyweight exercises	Rest	4min jog + 2/3min walk – repeat 5 times	As Tues.	5min jog + 3/4min walk – repeat 5 times	Rest
Week 6	5min jog + 2/3min walk – repeat 5 times	Easy walk & bodyweight exercises	Rest	5min jog + 2/3min walk – repeat 5 times	As Tues.	5min jog + 3min walk – repeat 5 times	Rest
Week 7	6min jog + 2/3min walk – repeat 5 times	Easy walk & bodyweight exercises	Rest	As Mon.	As Tues.	5min jog + 2min walk – repeat 6 times	Rest
Week 8	7min jog + 2/3min walk – repeat 4 times	Easy walk & bodyweight exercises	Rest	5min jog + 2min walk – repeat 6 times	As Tues.	As Mon.	Rest
Week 9	As Week 8						
Week 10	8min jog, 7min jog, 6min jog, 5min jog, 4min jog (2min walk in between jogs)	Easy walk & bodyweight exercises	Rest	As Mon.	As Tues.	8min jog + 2min walk – repeat 3 times	Rest
Week 11	10min jog + 3min walk – repeat 3 times	Rest	As Mon.	Rest	10min jog + 2min walk – repeat 3 times	Rest	60min walk – easy/brisk
Week 12	10min jog + 3min walk – repeat 3 times	Rest	8min jog + 3min walk – repeat 3 times	Rest	5min jog + 2-3min walk – repeat 3/4 times	45min walk – easy/brisk	Rest & get to bed early!

**RACE DAY!**