



RUN SERIES

**10 WEEK- BEGINNER TO
10K**

TRAINING PLAN



INTRODUCTION



This 10 week training plan is perfect for anyone new to running and wanting to complete their first 10k. We have tailored this plan to give all, the confidence to achieve the 10k distance upon completion. Specifically, at the North Lincs 10k on the 17/03/2024.

The plan consists of 3 runs per week, and is designed to gradually improve ones fitness & confidence, to a point where you can run for 30–40 minutes, without stopping.

Each run holds its own purpose on said day. Mondays will act as ‘kick start’ to the week. Focussing on priming the body and mind for Wednesdays run. Wednesdays will be a group run. Aiming to gain the biggest stimulus through the week. Saturdays will typically be the longest run of the week, focussing on volume.

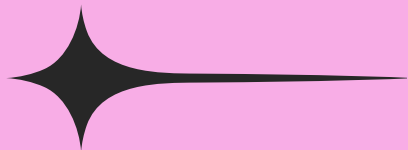


WEEK 1

w/c 08/01



Monday	Wednesday	Saturday
18 Minutes	24 Minutes	30 Minutes
1 Minute Run 2 Minute Walk x6	30 Seconds Run 2 Minute 30 Seconds Walk x8	1 Minute Run 2 Minute Walk x10



WEEK 2
W/C 15/01



Monday	Wednesday	Saturday
24 Minutes	28 Minutes	32 Minutes
2 Minute Run 2 Minute Walk x6	1 Minute Run 3 Minute Walk x7	2 Minute Run 2 Minute Walk x8

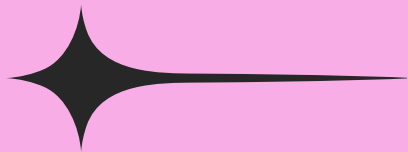


WEEK 3

w/c 22/01



Monday	Wednesday	Saturday
25 Minutes	30 Minutes	40 Minutes
3 Minute Run 2 Minute Walk x5	2 Minute Run 3 Minute Walk x6	3 Minute Run 2 Minute Walk x8



WEEK 4

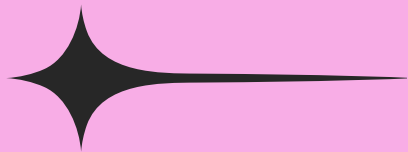
W/C 29/01



Monday	Wednesday	Saturday
21 Minutes	32 Minutes	40 Minutes
5 Minute Run 2 Minute Walk x3	4 Minute Run 4 Minute Walk x4	5 Minute Run 3 Minute Walk x5

WEEK 5
W/C 05/02

Monday	Wednesday	Saturday
25 Minutes	30 Minutes	32 Minutes
3 Minute Run 2 Minute Walk x5	2 Minute Run 3 Minute Walk x6	5 Minute Run 3 Minute Walk x4



WEEK 6

W/C 12/02



Monday	Wednesday	Saturday
27 Minutes	33 Minutes	33 Minutes
7 Minute Run 2 Minute Walk x3	7 Minute Run 4 Minute Walk x3	8 Minute Run 3 Minute Walk x3

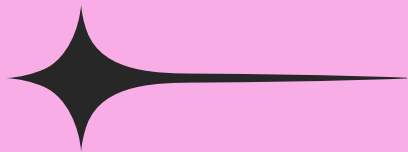


WEEK 7

W/C 19/02



Monday	Wednesday	Saturday
30 Minutes	36 Minutes	39 Minutes
8 Minute Run 2 Minute Walk x3	8 Minute Run 4 Minute Walk x3	10 Minute Run 3 Minute Walk x3



WEEK 8

w/c 26/02



Monday	Wednesday	Saturday
30 Minutes	40 Minutes	40 Minutes
15 Minute Run 5 Minute Walk 10 Minute Run	14 Minute Run 6 Minute Walk x2	20 Minute Run 5 Minute Walk 15 Minute Run

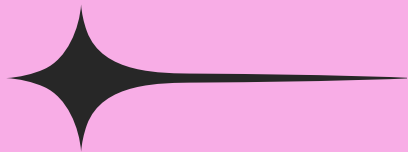


WEEK 9

w/c 04/03



Monday	Wednesday	Saturday
30 Minutes	25 Minutes	40 Minutes
Continuous Run	10 Minute Run 5 Minute Walk 10 Minute Run	Continuous Run



WEEK 10

W/C 11/03



Monday	Wednesday	Sunday
15 Minutes	20 Minutes	RACE DAY
Continuous Run	5 Minute Run 5 Minute Walk x2	Good Luck!