

BEGINNER 10K



PROGRAMME

For the first 2 weeks you need to build up your base fitness, you will gradually increase your training time over these 2 weeks.

During weeks 5 - 7 you start to pick up the pace, now that you have

built up a base level of fitness it's time to work on your race pace.

During the final week you need to reduce the intensity to allow your muscles to rest and repair in preparation for the main event.

Week	1	2	3	4	5	6	7	8
Mon	Easy 20 mins	Easy 20 mins	Intervals 20 mins	Intervals 20 mins	Race 30 mins	Race 30 mins	Race 20 mins	Race 20 mins
Tue								
Wed	Easy 20 mins	Easy 20 mins	Hills 20 mins	Hills 40 mins	Hills 50 mins	Hills 60 mins	Hills 40 mins	Easy 30 mins
Thu								
Fri	Easy 20 mins	Easy 20 mins	Easy 30 mins	Race 30 mins	Race 40 mins	Race 45 mins	Race 30 mins	Rest
Sat								
Sun	Easy 30 mins	Easy 30 mins	Easy 50 mins	Hills 70 mins	Course 90 mins	Course 90 mins	Course 90 mins	Event

KEY

Easy = Run at your own pace. Focus on completing the time not the distance.

Intervals = 5 mins fast run, 30 seconds rest and repeat.

Hill = Run a challenging course which includes a number of hill climbs

Course = Run the actual course or similar

Race = Run at race pace

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Active body. Active mind.