

beginner 10K TRAINING PLAN

www.runwithrachel.co.uk

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MONDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
TUESDAY	RUN 15 MINS WALK 2 MINS RUN 15 MINS	RUN 18 MINS WALK 3 MINS RUN 18 MINS	RUN 30 MINS	RUN 30 MINS	RUN 30 MINS	RUN 30 MINS	RUN 45 MINS	RUN 45 MINS
WEDNESDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
THURSDAY	RUN 15 MINS WALK 2 MINS RUN 15 MINS	RUN 18 MINS WALK 3 MINS RUN 18 MINS	RUN 30 MINS	RUN 30 MINS	RUN 40 MINS	RUN 40 MINS	RUN 45 MINS	RUN 30 MINS
FRIDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SATURDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SUNDAY	RUN 2 MILES	RUN 3 MILES	RUN 3 MILES	RUN 4 MILES	RUN 4 MILES	RUN 5 MILES	RUN 6 MILES	RACE DAY