

Beginner's Plan 10km

	Builder Day		Time on Feet	Building Base Fitness
Week	Mon	Tue	Wed	Thu
1	1.5km. Run 1 min - Walk 2 min	Rest	2.5km Brisk Walk	1.5km. Run 1 min - Walk 1 min
2	3km. Run 1 min - Walk 2 min	Rest	2.5km Brisk Walk	2.5km. Run 1.5min. Walk 1.5min
3	4km. Run 1.5 min - Walk 1 min	Rest	3km Brisk Walk	4km. Run 1.5min. Walk 1min
4	5km. Run 2 min - Walk 1 min	Rest	3km Brisk Walk	4km. Run 3min. Walk 1min
5	6km. Run 3 min - Walk 1 min	Rest	4km Brisk Walk	5km. Run 4min. Walk 1min
6	6km. Run 5min. Walk 1min	Rest	Run 2.5km	Rest
7	7km. Run 6min. Walk 1min	Rest	Run 3km	Rest
8	7km. Run 7min. Walk 1min	Rest	Run 4km	Rest
9	7km. Run 8min. Walk 1min	Rest	Run 5km	Rest
10	7km. Run 9min. Walk 1min	Rest	Run 6km	Rest
11	7km. Run 10min. Walk 1min	Rest	Run 7km	Rest
12	Run 5km	Rest	Run 8km	3km Brisk Walk

	Long Runs			Total	Milestones
Week	Fri	Sat	Sun		
1	Rest	4km Brisk Walk	Rest	9.5	
2	Rest	3km. Run 1km. Walk/run 2km	Rest	11	10km distance covered in week 2
3	Rest	3km. Run 1.5km. Walk/run 1.5km	Rest	14	
4	Rest	4km. Run 2km. Walk/run 2km	Rest	16	Half the distance covered (5km)
5	Rest	4km. Run 3km. Walk/run 1km	Rest	19	
6	Rest	Run 5km - Park Run	Rest	13.5	Training changes to 3 day if Base Fitness done
7	Rest	Run 6km	Rest	16	
8	Rest	Run 7km	Rest	18	
9	Rest	Run 8km	Rest	20	
10	Rest	Run 9km	Rest	22	Longest long run 9km & Longest weeks running
11	Rest	Run 7km	Rest	21	Longest long run 9km
12	Rest	Rest	10km	21	Finished. Celebrate!