

10km Beginner Training Program

Legend: w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

This is a 16 week program with week 1 being the event week.

Week 4	Week 3	Week 2	Week 1
Monday 5min jog w/u 20min run 5min jog c/d	Monday 5min jog w/u 20min run 5min jog c/d	Monday 10min jog w/u 20min run 10min jog c/d	Monday 15min jog w/u 10min run 15min jog c/d
Tuesday 30min jog (hilly course)	Tuesday 40min jog (hilly course)	Tuesday 40min jog (hilly course)	Tuesday
Wednesday	Wednesday	Wednesday	Wednesday 40min jog
Thursday 40min jog	Thursday 10min jog w/u 20min run 10min jog c/d	Thursday 20min jog w/u 10min run 20min jog c/d	Thursday
Friday	Friday	Friday	Friday 30min jog easy
Saturday 50min jog	Saturday 60min jog	Saturday 60min jog	Saturday Light 15min jog and stretches
Sunday	Sunday	Sunday	Sunday Melbourne Marathon Light 10min jog and stretches 10km Run GOOD LUCK

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Week 8

Monday 5min walk w/u
20min jog
5min walk c/d

Tuesday 5min walk w/u
20min jog 3min walk 20min jog
5min walk c/d

Wednesday

Thursday 5min walk w/u
35min jog
5min walk c/d

Friday

Saturday 5min walk w/u
45min jog
5min walk c/d

Sunday

Week 7

Monday 5min walk w/u
30min jog
5min walk c/d

Tuesday 5min walk w/u
25min jog 5min walk 25min jog
5min walk c/d

Wednesday

Thursday 5min walk w/u
35min jog
5min walk c/d

Friday

Saturday 5min walk w/u
45min jog
5min walk c/d

Sunday

Week 6

Monday 5min jog w/u
10min run
5min jog c/d

Tuesday 30min jog (hilly course)

Wednesday

Thursday 40min jog

Friday

Saturday 45min jog

Sunday

Week 5

Monday 5min jog w/u
15min run
5min jog c/d

Tuesday 30min jog (hilly course)

Wednesday

Thursday 40min jog

Friday

Saturday 50min jog

Sunday

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Week 12

Monday 5min walk w/u
20min jog
5min walk c/d

Tuesday 5min walk w/u
15min jog 5min walk 15min jog
5min walk c/d

Wednesday

Thursday 5min walk w/u
25min jog
5min walk c/d

Friday

Saturday 5min walk w/u
30min jog
5min walk c/d

Sunday

Week 11

Monday 5min walk w/u
25min jog
5min walk c/d

Tuesday 5min walk w/u
15min jog 5min walk 15min jog
5min walk c/d

Wednesday

Thursday 5min walk w/u
30min jog
5min walk c/d

Friday
1/08/08

Saturday 5min walk w/u
35min jog
5min walk c/d

Sunday

Week 10

Monday 5min walk w/u
25min jog
5min walk c/d

Tuesday 5min walk w/u
20min jog 5min walk 20min jog
5min walk c/d

Wednesday

Thursday 5min walk w/u
35min jog
5min walk c/d

Friday

Saturday 5min walk w/u
35min jog
5min walk c/d

Sunday

Week 9

Monday 5min walk w/u
15min jog
5min walk c/d

Tuesday 5min walk w/u
20min jog 3min walk 20min jog
5min walk c/d

Wednesday

Thursday 5min walk w/u
35min jog
5min walk c/d

Friday

Saturday 5min walk w/u
40min jog
5min walk c/d

Sunday

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Week 16

Monday

Tuesday

10min walk w/u
5min jog 2min walk 5min jog
10min walk c/d

Wednesday

Thursday

10min walk w/u
10min jog
10min walk c/d

Friday

Saturday

10min walk w/u
(3min jog 2min walk) x 5
10min walk c/d

Sunday

Week 15

Monday

Tuesday

10min walk w/u
(5min jog 2min walk) x 5
10min walk c/d

Wednesday

Thursday

10min walk w/u
10min jog 2min walk 10min jog
10min walk c/d

Friday

Saturday

10min walk w/u
15min jog
10min walk c/d

Sunday

Week 14

Monday

Tuesday

5min walk w/u
15min jog 5min walk 10min jog
5min walk c/d

Wednesday

Thursday

5min walk w/u
20min jog
5min walk c/d

Friday

Saturday

5min walk w/u
15min jog 5min walk 15min jog
5min walk c/d

Sunday

Week 13

Monday

5min walk w/u
15min jog
5min walk c/d

Tuesday

5min walk w/u
10min jog 5min walk 10min jog
5min walk c/d

Wednesday

Thursday

5min walk w/u
25min jog
5min walk c/d

Friday

Saturday

5min walk w/u
20min jog
5min walk c/d

Sunday
