

### 10K Training Programme - Beginners

| Week | Mon  | Tues             | Wed                   | Thu  | Fri           | Sat  | Sun                |
|------|------|------------------|-----------------------|------|---------------|------|--------------------|
| 1    | Rest | Rest/Cross train | 20 minutes jogging    | Rest | 2 miles       | Rest | 25-30 minutes easy |
| 2    | Rest | Rest/Cross train | 20 minutes jogging    | Rest | 2.5 miles     | Rest | 25-30 minutes easy |
| 3    | Rest | Rest/Cross train | 25 minutes jogging    | Rest | 3 miles       | Rest | 30-35 minutes easy |
| 4    | Rest | Rest/Cross train | 25-30 minutes jogging | Rest | 3.5 miles     | Rest | 35 minutes easy    |
| 5    | Rest | Rest/Cross train | 30 minute run         | Rest | 4 miles       | Rest | 35-40 minutes easy |
| 6    | Rest | Rest/Cross train | 30 minute run         | Rest | 4.5 miles     | Rest | 35-40 minutes easy |
| 7    | Rest | Rest/Cross train | 30 minute run         | Rest | 5 miles       | Rest | 40 minutes easy    |
| 8    | Rest | Rest/Cross train | 30 minute run         | Rest | 20 minute run | Rest | RACE DAY!!         |

Please note that a warm up and cool down should be included in each session.

