



10 KM TRAINING GUIDE

8 WEEKS • BEGINNER

I can do this

8 week beginner 10 km training guide



If you feel pretty comfortable running 5 km and want challenge yourself to run further, this training program is for you. Over 8 weeks, you'll build the endurance you need to complete 10 km feeling strong.

Remember that everyone is different, and your base level of fitness may vary. This training guide is just that – a guide – so listen to your body, and feel free to adjust your plan a little to make it work for you.

If you are still new to running and the first few weeks of this plan feel a little challenging, consider completing the 5 km training plan first to give yourself a strong base to work from.

You don't need to go too hard, too soon – that's what demotivates people and puts you at risk of injury. Build your way into it.

Here is an explanation of the terms used in this training guide:

→ **Stretch + strengthen:** This guide includes stretching and strength training on Mondays, following your long run on Sundays. Strength training could include bodyweight exercises like push-ups, chin-ups or dips, or light weights with high reps at your local gym. This guide also recommends strength training following your Thursday session.

→ **Rest:** Rest days are an important part of your training. They give you an opportunity for your body to recover and your muscles to build in strength. Don't be tempted to skip your recovery days – giving your body a rest will lead to better results in the long run.

→ **Run:** It sounds simple enough, but if you're new to running it might not be so straightforward. How fast should you run? Do you speed up the longer you run? The trick is not to worry about speed. Just take one step, then the next, and you're running. In general, try to run at a pace that allows you to comfortably hold

a conversation. Find a pace that allows you to finish the distance of the session, or as close to it as you can.


→ **Cross-training:** On cross-training days, complete your choice of workout – like biking, swimming, walking or a group fitness class at the gym. The variety will help your overall conditioning and allow you to stay active, while having a break from running.

→ **Long runs:** The longest runs of this 8 week guide are planned for Sundays, but if Saturday works better for your schedule you can swap. Long runs are designed to be taken slow and to build your endurance, both aerobic and muscular.



Don't forget to stretch! It's important to start each training session with some stretches and gentle movement to prepare your body for your workout. After your session, cool down with more stretches to help with recovery.

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch + strength Notes: <input type="checkbox"/>	4 km run Notes: <input type="checkbox"/>	30 min cross-training Notes: <input type="checkbox"/>	3.5 km run + strength Notes: <input type="checkbox"/>	Rest	40 min cross-training Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>
2	Stretch + strength Notes: <input type="checkbox"/>	4 km run Notes: <input type="checkbox"/>	30 min cross-training Notes: <input type="checkbox"/>	3.5 km run + strength Notes: <input type="checkbox"/>	Rest	40 min cross-training Notes: <input type="checkbox"/>	5.5 km run Notes: <input type="checkbox"/>
3	Stretch + strength Notes: <input type="checkbox"/>	4 km run Notes: <input type="checkbox"/>	35 min cross-training Notes: <input type="checkbox"/>	3.5 km run + strength Notes: <input type="checkbox"/>	Rest	50 min cross-training Notes: <input type="checkbox"/>	6.5 km run Notes: <input type="checkbox"/>
4	Stretch + strength Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	35 min cross-training Notes: <input type="checkbox"/>	3.5 km run + strength Notes: <input type="checkbox"/>	Rest	50 min cross-training Notes: <input type="checkbox"/>	6.5 km run Notes: <input type="checkbox"/>
5	Stretch + strength Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	40 min cross-training Notes: <input type="checkbox"/>	3.5 km run + strength Notes: <input type="checkbox"/>	Rest	60 min cross-training Notes: <input type="checkbox"/>	7.5 km run Notes: <input type="checkbox"/>
6	Stretch + strength Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	40 min cross-training Notes: <input type="checkbox"/>	3.5 km run + strength Notes: <input type="checkbox"/>	Rest	60 min cross-training Notes: <input type="checkbox"/>	8 km run Notes: <input type="checkbox"/>
7	Stretch + strength Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	45 min cross-training Notes: <input type="checkbox"/>	3.5 km run + strength Notes: <input type="checkbox"/>	Rest	60 min cross-training Notes: <input type="checkbox"/>	9 km run Notes: <input type="checkbox"/>
8	Stretch + strength Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	30 min cross-training Notes: <input type="checkbox"/>	3.5 km run + strength Notes: <input type="checkbox"/>	Rest	Rest	 Race day

Fact: If you follow this guide to the letter you will have completed nearly **115km** of running – pat on the back! **Exercise safely:** Talk to your GP before starting a new exercise program, especially if you have any existing health conditions.

- The training guide is just that, a guide – it's important to make it work for you. If you want to do long runs on Saturday rather than Sunday, simply change the days. Or if you miss a run you can make it up on one of your rest days.
- Check off your training each day to keep track of your achievements. Each step gets you closer to your goal!