



# RUNNING TO POWER HEART RESEARCH

# 10K Running training plan for beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	10 mins warm-up, 4 x 4 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	30 mins Cross Training or gym class	Rest	30 mins Cross Training + stretch	25 mins Hilly run at eady effort	45 mins easy effort long run + stretch
2	Rest	10 mins warm-up, 4 x 4 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	30 mins Cross Training or gym class	Rest	30 mins Cross Training + stretch	25 mins Hilly run at steady effort	45 mins easy effort long run + stretch
3	Rest	40 mins Cross Training or gym class	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	Rest	Swim	45 mins Bike	50 mins easy/steady long run
4	Rest	30 mins Cross Training	40 min Steady effort run + stretch	Rest	45 mins Bike or swim	Rest	60 mins easy/steady long run + stretch
5	Rest	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	30 mins Cross Training or gym class	Rest	30 mins Cross Training + stretch	30 mins Hilly run at steady effort	45 mins easy effort long run + stretch

**FIGHT FOR EVERY HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)

© British Heart Foundation 2014, registered charity in England and Wales (225971) and in Scotland (SC039426)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Rest	10 mins warm-up, 5 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	30 mins Cross Training or gym class	40 min Steady effort run + stretch	Rest	5km Park Run	45 mins easy long run + stretch
7	Rest	10 mins warm-up, 5 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	30 mins Cross Training or gym class	45 min Steady effort run + stretch	Rest	40 mins run: 10 mins easy + 20 mins threshold + 10 mins easy + stretch	40 mins easy long run + stretch
8	Rest	10 mins warm-up, 3 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	Rest	25 min easy run	Rest	15 min easy run + stretch	<b>10km Race</b>

**FIGHT FOR EVERY HEARTBEAT**

bhf.org.uk

© British Heart Foundation 2014, registered charity in England and Wales (225971) and in Scotland (SC039426)