Running training plan: 10K–Beginner

Easy | Moderate | Hard

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 (35)	30 mins Cross-Training or gym class (30)	Rest	30 mins Cross-Training (30)	25 mins Hilly run at steady effort (25)	45 mins easy effort long run (45)
2	Rest	10 mins warm-up, 4 x 4 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog (35)	30 mins Cross-Training or gym class (30)	Rest	30 mins Cross-Training (30)	25 mins Hilly run at steady effort (25)	45 mins easy effort long run (45)
3	Rest	40 mins Cross-Training or gym class (40)	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog (40)	Rest	Swim	45 mins Bike (45)	50 mins easy/ steady long run (50)
4	Rest	30 mins Cross-Training (30)	40 mins Steady effort run (40)	Rest	45 mins Bike or swim (45)	Rest	60 mins easy/ steady long run (60)

Beat heartbreak forever

Running training plan: 10K–Beginner

Easy Moderate Hard

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog (40)	30 mins Cross-Training or gym class (30)	Rest	30 mins Cross-Training (30)	30 mins Hilly run at steady effort (30)	45 mins easy effort long run (45)
6	Rest	10 mins warm-up, 5 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog (45)	30 mins Cross-Training or gym class (30)	40 mins Steady effort run (40)	Rest	5km Park Run	45 mins easy long run (45)
7	Rest	10 mins warm-up, 5 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog (45)	30 mins Cross-Training or gym class (30)	45 mins Steady effort run (45)	Rest	40 mins run: 10 mins easy + 20 mins threshold + 10 mins easy run (40)	40 mins easy long run (40)
8	Rest	10 mins warm-up, 3 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog (35)	Rest	25 mins easy run (25)	Rest	15 mins easy run (15)	10K Event!

Beat heartbreak forever