

10KM BEGINNER TRAINING PROGRAM							
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Run [fartlek] – 30 mins including 5 x (90 sec fast / 90 sec walk or easy)	Rest	Run [tempo] – 30 mins including 5 x (2 mins steady / 2 mins walk)	Rest	Run [long run] – 42 mins (5 mins run / 2 mins walk)	Rest
2	Rest	Run [fartlek] – 30 mins including 5 x 1mins fast / 1 mins easy)	Rest	Run [strength] – 30 mins including 4 x (2 mins hill effort, then jog or walk down as recovery)	Rest	Run [long run] – 30 mins (continuous)	Rest
3	Rest	Run [fartlek] – 30 mins including 3 x (1 mins fast / 1 mins easy), then 2 x (2 mins steady / 2mins walk)	Rest	Run [tempo] – 30 mins including 2 x (4 mins steady / 4 mins walk)	Rest	Run [long run] – 48 mins (10 mins run / 2 mins walk)	Rest
4	Rest	Run [fartlek] – 30 mins including 3 x (1 mins fast / 1 mins easy), then 2 x (2 mins steady / 2 mins walk)	Rest	Run [tempo] – 30 mins including 2 x (4 mins steady / 4 mins walk)	Rest	Run [long run] – 40 mins (continuous)	Rest
5	Rest	Run [fartlek] – 30 mins including 3 x (1 mins fast / 1 mins easy), then 3 x (3 mins steady / 2 mins walk)	Rest	Run [strength] – 40 mins including 4 x (3 mins hill effort, then jog or walk down as recovery)	Rest	Run [long run] – 55 mins (10 mins run / 1 mins walk)	Rest
6	Rest	Run [fartlek] – 30 mins including 3 x (1 mins fast / 1 mins easy), then 3 x (3 mins steady / 2 mins walk)	Rest	Run [strength] – 40 mins including 4 x (3 mins hill effort, then jog or walk down as recovery)	Rest	Run [long run] – 40 mins (continuous)	Rest
7	Rest	Run [fartlek] – 30 mins including 6 x (1 mins fast / 1 mins easy), then 3 x (3 mins steady / 1mins walk)	Rest	Run [tempo] – 40 mins including 3 x (4 mins steady / 4mins walk or jog)	Rest	Run [long run] – 50 mins (continuous)	Rest
8	Rest	Run [fartlek] – 35 mins including 5 x (2 mins fast / 1 mins easy), then 3 x (3 mins steady / 1 mins walk)	Rest	Run [tempo] – 40 mins including 3 x (4 mins steady / 4 mins walk or jog)	Rest	Run [long run] – 55 mins (continuous)	Rest
9	Rest	Run [speed] – 40 mins including 5 x (3 mins fast / 1 mins easy)	Rest	Run [tempo] – 40 mins including 4 x (4 mins steady / 4mins walk or jog)	Rest	Run [long run] – 60 mins (continuous)	Rest
10	Rest	Run [tempo] – 40 mins including 3 x 4 mins efforts at race pace, with 4mins easy b/w each	Rest	Run [speed] – 30 mins including 5 x (90 sec effort / 90 sec easy)	Run [strides] – 20 mins including 4 x 30 sec strides	Rest	Run Melbourne, presented by The Age