

# BEGINNER 5 WEEK TRAINING PLAN

This 10k plan is perfect for those just starting out or returning to running. Keep the pace easy and don't forget the rest days - they're important for recovery and progression.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	<b>20 mins easy</b> (but walk for 3 mins if you need a rest, then try to run again)	Rest	<b>20 mins easy</b>	Rest	Rest	<b>Long run: 2 miles</b> (try not to walk if you can)
Week 2	Rest	<b>30 mins easy</b>	Rest	<b>30 mins easy</b>	Rest	Rest	<b>Long run: 3 miles</b>
Week 3	Rest	<b>30 mins interval running</b>	Rest	<b>40 mins easy</b>	Rest	Rest	<b>Long run: 4 miles</b>
Week 4	Rest	<b>40 mins easy</b>	Rest	<b>40 mins interval running</b>	Rest	Rest	<b>Long run: 5 miles</b>
Week 5	Rest	<b>30 mins easy</b>	Rest	<b>20 mins easy</b>	Rest	Rest	<b>Long run: 6 miles (10k)</b>

**If you have any concerns about your health or fitness, please speak to your doctor before you start training.**

**Interval running:** Alternating fast running and slow jogging or walking. This can help build speed and endurance.