

6-WEEK 10KM BEGINNER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	15min easy	Rest day	10min easy, 5min walk, 10min easy	20min easy	Rest day	25min easy
Week 2	Rest day	10min easy, 5min brisk	Rest day	15min easy, 5min brisk, 10min easy	20min easy	Rest day	35min easy
Week 3	Rest day	10min easy, 10min brisk	Rest day	15min easy, 10min brisk, 10min easy	35min easy	Rest day	45min easy
Week 4	Rest day	10min easy, 15min brisk, 10min easy	Rest day	5min easy, 15min brisk, 15min easy	35min easy	Rest day	3min walk, 3min easy, 2min brisk (repeat 6 times)
Week 5	Rest day	5min easy, 15min brisk, 20min easy	Rest day	2min easy, 20min brisk, 20min easy	40min easy	Rest day	3min walk, 3min easy, 3min brisk (repeat 7 times)
Week 6	Rest day	5min easy, 15min brisk, 20min easy	Rest day	10min easy, 5min brisk, 25min easy	40min easy	Rest day	RACE DAY

IMPROVER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	30min easy	Rest day	20min easy	Rest day	20min easy	60min steady
Week 2	Rest day	40min easy	Rest day	30min easy	Rest day	20min easy	60min steady
Week 3	Rest day	45min easy	Rest day	30sec sprint, 3min rest (repeat x 3), 15min easy	Rest day	20min easy	60min steady
Week 4	Rest day	60sec sprint, 3min walk (repeat x 3)	Rest day	10min easy, 35min steady	Rest day	35min easy	60min steady
Week 5	Rest day	60sec sprint, 3min walk (repeat x 5)	Rest day	45min steady	Rest day	35min easy	60min steady
Week 6	Rest day	75sec sprint, 3min walk (repeat x 3)	Rest day	25min steady	Rest day	15min easy, 10min walk	RACE DAY