

# Running Training Plan

## Beginner — 10k or 6 mile running training plan

### Goal

To be confidently able to run non-stop for 6 miles or 10k

### Additional, optional goal

Your first 10k race

### Plan duration

8 weeks

This plan assumes that you have followed our [absolute beginners 5k plan](#) and/or are able to run 3 miles continuously.

The first 2 weeks see you gradually increasing the time you spend running (or the number of miles, if you prefer to measure things in this way). We are still aiming to build on your [aerobic base](#), so do not worry about speed. All runs should be at a pace you can sustain whilst holding a conversation (conversational pace). For ease, we have used 1 mile — 10 mins, but do not be concerned if you run slower than this — it does not matter at this stage!

We have continued to include a 5 minute warm up and a [post session stretch](#) in the programme – it is important that you warm up before a session and help your body return to it's resting state afterwards.

Week 2 introduces an optional jog on Friday. This will become a permanent feature in later weeks, so it may be an idea to try it out now.

### Weeks one and two

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 35 mins (or 3.5 miles)	0.40	post-session stretch
Friday		Rest or brisk 30 min walk		
Saturday		Rest		
<b>Sunday</b>	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 35 mins (or 3.5 miles)	0.40	post-session stretch
Wednesday		rest		
Thursday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Friday		Rest or Jog for 20 mins (2 miles)		
Saturday				
<b>Sunday</b>	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch

**Total exercise time for 14 days 4.15**

## Weeks three and four.

We continue to increase the time you spend running (or mileage) and build upon your aerobic base. The 4th run becomes a permanent feature.

### Weeks three and four

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Friday		Rest or Jog 20 mins (2 miles)		
Saturday		Rest		
<b>Sunday</b>	5 min brisk walk	Jog 50 mins (or 5 miles)	0.55	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Friday	5 min brisk walk	Jog 20 mins (or 2 miles)	0.25	post-session stretch
Saturday		Rest		
<b>Sunday</b>	5 min brisk walk	Jog 50 mins (or 5 miles)	0.50	post-session stretch

**Total exercise time for 14 days 5.20**

## Weeks five and six

The Friday run continues during these weeks. Sustained running 4 times a week is a great way to stay in shape — you should be feeling really pleased with yourself.

Do not worry about speed — we are still focused on improving your aerobic base. Run at 'conversational pace'. Week 6 ends with a 6 mile run — congratulate yourself — this is a great achievement!

### Weeks five and six

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Friday	5 min brisk walk	Jog 25 mins (or 2.5 miles)	0.30	post-session stretch
Saturday		Rest		
<b>Sunday</b>	5 min brisk walk	Jog 55 mins (or 5.5 miles)	1.00	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 40 mins (or 4 miles) on hilly course	0.45	post-session stretch
Friday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Saturday				
<b>Sunday</b>	5 min brisk walk	Jog 60 mins (or 6 miles)	1.05	post-session stretch

**Total exercise time for 14 days 6.20**

## Weeks seven and eight

Both weeks will take you a little 'over-distance' — pushing your longest run to 6.5 miles.. This will ensure that if your goal is a 10k race, then you can start feeling confident that you can finish comfortably.

If you don't plan to race — an extra 0.5 mile will be a great confidence boost anyway.

CONGRATULATIONS!

### Weeks seven and eight

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.45	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 40 mins (or 4 miles) on hilly course	0.45	post-session stretch
Friday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Saturday		Rest		
<b>Sunday</b>	5 min brisk walk	Jog 65 Mins (or 6.5 miles)	1.10	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 40 mins (or 4 miles) on hilly course	0.45	post-session stretch
Friday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Saturday		Rest		
<b>Sunday</b>	5 min brisk walk	Jog 65 Mins (or 6.5 miles)	1.10	post-session stretch
<b>Total exercise time for 14 days</b>			<b>6.35</b>	

### Special Notes

This training plan is for beginners, but it is not for everyone new to running. Some people should speak to their doctor before undertaking any form of physical exercise, in particular, those who are (or have):

- More than 20% over their ideal weight
- More than 40 years old
- A smoker or ex-smoker
- Pregnant
- Personal or family history of heart trouble
- High blood pressure, diabetes or other medical condition