

Beginner 10k Training Plan

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Welcome to your beginner 10k training plan. This plan will detail your preparations for the Linlithgow 10k over 10 weeks. The goal of the plan is to prepare you to be able to complete the distance with no specific target time or pace in mind

The plan will include committing to 3-4 runs per week, building up to the 10k distance over the next 10 weeks and celebrating with you completing the Linlithgow 10k, finishing underneath the shadow of the Palace at the peel.

Week 1

This week we start and build some consistency with getting out of the door 3 times per week. there is no focus on any pace or speed, but simply to complete the time allocated. It does not matter whether you walk more than you run, or run more that you walk in the time specified. This week is setting the foundations for the training plan

Week 2

Continuing the theme of last week, we are again keeping our consistency and getting our trainers on 3 times in the week and heading out for the allocated time. If you did run/walk the session last week, try to run for a little more time that you did last week.

Week 3

This week we are increasing the distance of our longer run at the weekend and introducing some harder running in the middle of the week, whilst keeping the frequency of running sessions

Week 4

In week 4, we are introducing a 4th run, whilst keeping the other sessions consistent. This will be the first back to back day of the programme, with an extra easy 20min run on Friday after our more intense running session on the Thursday

Week 5

Mid point of the plan and we are continuing the consistency of running and adding in some higher intensity running to get the legs, heart and lungs working a little harder. We continue to build our longer run at the weekend.

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Week 6

A repeat of last week to consolidate the higher intensity running and building the longer run once more again.

Week 7

The Linlithgow 10k is a challenging course with a few key hills to tackle. This week we introduce some hillier running to prepare the legs for the course we will run in just 3 weeks time.

Week 8

Another hillier run this week and then again, building the longer run at the weekend, where we are now lacing our trainers up for 60mins on our feet.

Week 9

Congratulations, you are in week 9 of the programme and this will be our last week before we start to recover for the race. This week includes the most challenging run in the programme to date with a 50min run including 2 blocks of 10mins at a higher intensity. Knowing you can complete this run will give you the confidence to complete the race next Sunday

Week 10

It's race week!

The final stretch and a much easier week now to prepare for the race at the weekend. The hard work has been done and at the weekend you can celebrate your achievement. Remember that we have pacers that you can follow from 40mins right through to 65mins

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Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 min run/walk	Rest	20 min run/walk	Rest	Rest	30 min run/walk
Week 2	Rest	20 min run/walk	Rest	20 min run/walk	Rest	Rest	30 min run/walk
Week 3	Rest	20 min run	Rest	30mins as 10mins very easy, 10mins of effort, 10mins very easy	Rest	Rest	40min run/walk
Week 4	Rest	25 min run	Rest	30mins as 10mins very easy, 10mins of effort, 10mins very easy	20 min run	Rest	40 min run/walk
Week 5	Rest	25 min run	Rest	40mins including 6x 1min hard / 1 min walk	20 min run	Rest	40 min run

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Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	Rest	30 min run	Rest	40mins including 6x 1min hard / 1 min walk	20 min run	Rest	50min run/walk
Week 7	Rest	30 min run	Rest	40min Hilly Run	20 min run	Rest	50 min run
Week 8	Rest	40 min run	Rest	40min Hilly Run	20 min run	Rest	60min run/walk
Week 9	Rest	30 min run	Rest	50 mins as 10mins easy, 10mins effort, 10mins easy, 10mins effort, 10mins easy	20 min run	Rest	60 min run
Week 10	Rest	30 min run	Rest	30 min run	Rest	Rest	LINLITHGOW 10K

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How to read this plan:

Run/walk: This is exactly what it says. You are going out to put one foot in front of the other and build your time on feet. It does not matter how much of the time is spent running or spent walking. You'll find that as the weeks progress, you'll be able to maintain your running for longer than your walking.

Run: A session where you try to maintain running for the entirety of the time planned. You may find these hard initially. Keep the effort to a level that means you can complete the time.

Rest: Take a rest day from running. If you have another activity planned then try to make sure that it's not going to leave you tired.

Hard: Running at a high level of effort but for a short period of time with recovery. Your effort level should be around an 8 out of 10.

Hilly: Try to make your run include some undulations (not looking to run up any very big hills).

Effort: Increasing your speed for the specified time but stay controlled and not overreaching. It's not as hard as "hard", but not "easy" either.