

10k Beginners' Programme

This programme is designed if you are new to running and would like to train for a 10km (6 mile) run. To make the most of this programme, you should be able to run/walk 5km (3 miles) in less than 40 minutes.



Please consult with a medical physician before engaging in physical activity if you have any concerns.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Run 15 mins Walk 1 to 2 mins Run 15 mins	Rest	Run 15 mins Walk 1 to 2 mins Run 15 mins	Rest	Rest	2 miles (3km) Continuously
Week 2	Rest	Run 18 mins Walk 1 to 3 mins Run 18 mins	Rest	Run 18 mins Walk 1 to 3 mins Run 18 mins	Rest	Rest	3 miles (5km) Continuously
Week 3	Rest	30 mins Continuously	Rest	30 mins Continuously	Rest	Rest	3 miles (5km) Continuously
Week 4	Rest	30 mins Continuously	Rest	30 mins Continuously	Rest	Rest	40 to 50 mins Continuously
Week 5	Rest	30 mins Continuously	Rest	40 mins Continuously	Rest	Rest	4 miles (6km) Continuously
Week 6	Rest	30 mins Continuously	Rest	40 mins Continuously	Rest	Rest	50 mins Continuously
Week 7	Rest	45 mins Continuously	Rest	45 mins Continuously	Rest	Rest	6 miles (10km) Continuously
Week 8	Rest	30 mins easy continuously	Rest	20 to 30 mins Easy Continuously	Rest	Rest	10 km Highland Games Road Race

One km is equivalent to 0.6 miles. For this training programme, distances in miles have been rounded to the nearest whole number for simplicity.

Make sure you stretch appropriately before and after each session to avoid injury and soreness. Ensure you properly hydrate before and after exercise.