# 10k Training Plan: Beginner

This plan was created by our training partner Full Potential.

This plan is written for a new runner with recent, limited, or no regular fitness training. This will be your first 10k. When starting any training plan, you need to be honest with yourself in setting a realistic training goal and following a training plan that is suitable for you. The plan you choose should be applicable to your current fitness level. It should also fit in with your availability to train each week. Think carefully about your work, family, and social commitments. Whilst you want to challenge yourself, your training should always be enjoyable and not too hard, so you don’t go from session to session feeling fatigued. We wish you the best of luck with your training!

## Measuring Your Effort

It’s important that you run at the right effort level and intensity to ensure you’re training to reach your full potential. Most of us think that running “harder is better” so we end up running too quickly, which can result in feeling tired, illness or injury. Understanding what each run is trying to achieve and how it should feel is the way to train smart, so here’s a guide to the running sessions that you’ll find mentioned in the training plan and a note of how they should feel as a ‘talk test’.

## Table 1: Measuring your effort (table consists of 4 columns, 5 rows, header in row 1)

|  |  |  |  |
| --- | --- | --- | --- |
| **Type of Run** | **Perceived Effort Level (1-10)\*** | **Heart Rate** | **How it should feel – “The Talk Test”** |
| Easy / Recovery Run | 6 - 6.5 | 65 - 70% | You can speak in complete sentences, totally conversational, you’re walking or running relaxed, enjoying it and not worrying about the watch. |
| Steady Effort Run | 7 - 8 | 70 - 80% | You can speak in short sentences but have a slight pause on your breath. This can often be ‘no man’s land’ in training terms if this is all you do. |
| Threshold Effort Runs / Kenyan Hills | 8 - 8.5 | 80 - 85% | You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured, and you know you’re working, we call this ‘controlled discomfort’. |
| Speedwork | 8.5 and above | 85% plus | You can say only 2-3 words maximum and are out of breath but still know that you could do a little more if you had to. |

## Table 2: 8-week training plan (Table consists of 8 columns, 9 rows, header in row 1)

|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 4 x (2 mins Walk + 7 mins at Easy run) + Stretch  | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 15 mins easy / steady run + stretch | REST | 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 2 x (5 mins Brisk walk, 15 mins at Easy run, 5 mins Brisk Walk) + Stretch |
| **Week 2** | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 10 mins warm-up, 4 x 2 mins at Threshold effort with 90 second recovery between efforts, 10 mins cool-down + Stretch | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 20 mins easy / steady run + stretch | REST  | 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 2 x (5 mins Brisk walk, 20 mins at Easy run, 5 mins Brisk Walk) + Stretch |
| **Week 3** | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 10 mins warm-up, 5 x 2 mins at Threshold effort with 90 second recovery between efforts, 10 mins cool-down + Stretch | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 25 mins Easy / Steady run + Stretch | REST  | 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 2 x (5 mins Brisk walk, 20 mins at Easy run, 5 mins Brisk Walk) + Stretch |
| **Week 4** | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 10 mins warm-up, 30 mins at Steady effort run, 10 mins cool-down + Stretch | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 30 mins Easy / Steady run + Stretch | REST  | 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 40 mins easy run |
| **Week 5** | REST | 10 mins warm-up, 5 x 3 mins at Threshold effort with 90 second recovery between efforts, 10 mins cool-down + Stretch | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 20 mins Easy run + Stretch | REST | **Parkrun** | 30 mins easy effort cross training + stretch |
| **Week 6** | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 10 mins warm-up, 5 x 3 mins at Threshold effort with 60 second recovery between efforts, 10 mins cool-down + Stretch | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 30 mins Steady run + Stretch | REST | 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 45 mins Easy Run |
| **Week 7** | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 10 mins warm-up, 30 mins at Steady effort run, 10 mins cool-down + Stretch | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 30 mins Easy / Steady run + Stretch | REST | 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 45 mins Easy Run |
| **Week 8** | Rest or 45 mins Cross-Training / Strength & Conditioning (can be a gym class) + stretch | 10 mins warm-up, 4 x 3 mins at Threshold effort with 60 second recovery between efforts, 10 mins cool-down + Stretch | REST | 20 mins Easy run + Stretch | REST | 15 mins Easy run + Stretch | **10k Race Day** |