



**British
Lung
Foundation**

10km running plan beginner

Training plans are provided by



blf.org.uk/events

Registered charity in England and Wales (326730),
Scotland (038415) and the Isle of Man (1177)



A few **tips** for using this plan

- Do a warm up and cool down before and after every session.
- Rest is crucial. If you find yourself getting tired increase the number of rest days.
- If you're injured, very sore or if it is not safe to run consider cross training or a conditioning session instead of running.
- Try to stretch every day for 10 minutes.
- For ideas on conditioning and stretching exercise please see the 'Guide to Better Running'.
- Always eat within 20-30 minutes of finishing a run.

Running glossary

- **Cross training** involves working your heart and lungs but not through running. This could be time spent cycling, swimming or on a rower. Check the 'Guide to Better Running' for more ideas.
- **Fartlek sessions** are running at different speeds for different lengths of time.
- **Recovery runs** are your easiest runs of the week. They should be at a comfortable pace. Relax and aim to feel better at the end than you did at the start.
- **Threshold running** involves blocks of running at a controlled discomfort. You'll be short of breath but if pushed you could still slightly speed up. Include short recovery jogs between each threshold block.
- **Continuous hills** is an exercise running on a steady gradient at threshold pace.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Rest	2 x 10min easy run with a 3-5 min brisk walk recovery	Rest	2 x 10min easy run with a 3min brisk walk recovery	Rest	20-30min easy aerobic cross training	2 x 15min easy run with a 5min brisk walk recovery
Week 2	Rest	20mins recovery run	Rest	20mins recovery run	Rest	20-30min easy aerobic cross training	30mins easy run
Week 3	Rest	10min easy run then 3 x (3min at threshold with 2min walk/job recovery)	Rest	30min easy run	Rest	30min easy aerobic cross training	40mins easy run (if needed do as 2 x 20mins with a 5min brisk walk)
Week 4	Rest	10min easy run then 4 x (3min at threshold with 2min walk/jog recovery.) Then 10mins easy run	Rest or 30min easy aerobic cross training	30min run. Complete as 10mins easy, 10mins steady (very slightly faster) 10mins easy	Rest	30min easy aerobic cross training	40mins easy run

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 5	Rest	30min run. Include 4 x (5mins at threshold and 2 mins jog recovery)	Rest or 30min easy aerobic cross training	35min easy run	Rest	30min aerobic cross training. Include middle 20min block as 4 x (2mins harder, 3mins easy)	40mins easy run
Week 6	Rest	30mins easy run	Rest	40mins easy run	Rest	Rest	Recovery run 30mins
Week 7	Rest	40min run. Include 5 x 5mins at threshold then 90secs jog recovery	Rest	30min run. Include 10mins easy pace, 10mins steady pace, 10mins nearing threshold	Rest	30mins aerobic cross training with the last 15mins harder than the first + strength and conditioning	Long run 60-70 mins with the final 10mins at 10km effort
Week 8	Rest	Fartlek session of 5mins, 4mins, 3mins, 2mins, 1min (90 secs jog recovery) - getting faster each block	Rest	20mins easy + 20mins steady (no recovery)	Rest	40mins cross training. Include middle 20mins as 4 x (2mins harder/3mins easy)	Long run 70-80 mins with the final 15 minutes at 10km effort

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 9	Rest	Fartlek session of 6 mins, 5 mins, 4 mins, 3 mins, 2 mins, min (90 secs jog recovery) – getting faster each block	Rest	45 mins run. Including 15 mins easy pace 15 mins steady pace and 15 mins nearing threshold	Rest	30 mins aerobic cross training	40-50 mins easy run
Week 10	Rest	30 mins run. Include 5 x (3 mins at threshold and 2 mins recovery)	Rest	20mins easy	20 mins easy aerobic cross training	Rest	Race day – good luck!

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Good luck and don't forget to keep us posted with your progress: events@blf.org.uk