

Distance

Beginner

10K



Completing The Plan

This plan is aimed at runners who can run 5km or 3 miles and now wish to progress to 10km and is based on three endurance runs per week.

Where possible try to include a rest day between runs to aid recovery. The aim of the training plan is to further develop the endurance base. The training plan is generic and not bespoke for individual runners.

This should be borne in mind when following the plan.

To make it specific to your needs consider factors such as current training and training history. Ensure that you are suitably warmed up before starting the session and undertake a cool down post session.

Take ownership of the plan and adapt it to suit your situation, background, and needs. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert before resuming training.

Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical check-up with a professional before undertaking any running training plan.

Guiding your effort

This beginner plan does not relate to specific running speeds. Instead, it uses rate of perceived exertion where the person is running as they feel as opposed to pacing by time.

As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

RPE scale

What it might feel like....

0

Sat at home in your armchair.

1-2

Brisk walking for some, very easy jogging for others. Able to fully converse with no effort.

3-4

Easy running. Able to hold a full conversation, you might have to consciously slow down. Gentle & relaxed.

4-5

Steady running. Able to speak but in shorter sentences. Could keep going for between 75 minutes – 2 hours.

6-7

Controlled discomfort. A pace you could hold for 60 mins. You should be able to speak 2-3 words at a time.

8-9

Working hard. Have to work to maintain pace. Breathing strongly & will need recovery between efforts.

10

Working very hard. An effort you can sustain for only short periods before it feels unsustainable.

Week	Session 1	Session 2	Session 3
1	4 miles (6.4km) Effort: 3-4 out of 10	2 miles (3.2km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10
2	4 miles (6.4km) Effort: 3-4 out of 10	2 miles (3.2km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10
3	4 miles (6.4km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10
4	5 miles (8km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10
5 - Recovery	3 miles (5km) Effort: 3-4 out of 10	Rest	3 miles (5km) Effort: 3-4 out of 10

Week	Session 1	Session 2	Session 3
6	5 miles (8km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	4 miles (6.4km) Effort: 3-4 out of 10
7	5 miles (8km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	4 miles (6.4km) Effort: 3-4 out of 10
8	6 miles (10km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	4 miles (6.4km) Effort: 3-4 out of 10
9	6 miles (10km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	4 miles (6.4km) Effort: 3-4 out of 10
10	3 miles (5km) Effort: 3-4 out of 10	Rest	Race Day



FUNDRAISING
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Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland