Beginners 10K Training Schedule

The following program is written for the beginner and those looking to finish their first 10k on the trail but experienced runners may like this program too. It assumes that you possess a fairly good level of fitness from regularly exercising in other sports or activities and should have **no major health problems!**

If running 2.5 miles for your first workout on the Tuesday of the first week seems too difficult, you might want to spend 3-4 weeks running shorter distances on the same days as shown in the schedule below and building up your mileage.

There is 16 weeks until the Shere 10k so you have plenty of time to build an endurance base.

Whether you are aiming for a specific time or just running to finish the key is to run the runs in this schedule gently. As a beginner, don't worry about how fast you run just cover the distance.

This schedule does contain some fast running but this is to promote good running form and they are of very short durations.

These are called your "Hill sprints" in the schedule. Running fast uphill for a short duration helps to promote good running form – you will notice that whenever you try to sprint up a hill you have good knee lift and an upright posture.

When you read "6-8 hill sprints," that means you should do 6-8 repeats at a really fast sprinting pace on a hill of about 150 or 200 metres long.

Where the schedule says "cross" these are cross training days. So taking part in other activities like cycling, swimming or other forms of aerobic training. Try not to work too hard during these sessions and over do them as this will impact on your running days.

For bespoke training plans from 5km to Ultra Marathon and Multi day events please contact Lee Kemp on:

Email: leekmp28@gmail.com   **www.lee-kemp.com**

Try to run some of your sessions on a hilly trail route. Even better come join me and the team at Trekking & Outdoors on Sunday mornings and run parts of the route to familiarise yourself with it before race day. Check out our Facebook group page for our scheduled runs:

https://www.facebook.com/groups/183941295441183/?ref=group_cover.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	2.5 mile run	30 min cross	2 mile run	Rest	40 min cross	3 mile run
2	Rest	2.5 mile run	30 min cross	2 mile run	Rest	40 min cross	3.5 mile run
3	Rest	15 mins w/up with 4x strides, 6-8 Hill sprints of 10 seconds, 1 minute between rest between sprints.	35 min cross	2 mile run	Rest	50 min cross	4 mile run
4	Rest	15 mins w/up with 4x strides, 6-8 Hill sprints of 10 seconds, 1 minute between rest between sprints.	35 min cross	2 mile run	Rest	50 min cross	4 mile run
5	Rest	3 mile run	40 min cross	2 mile run	Rest	60 min cross	4.5 mile run

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6	Rest	15 mins w/up with 4x strides, 6-8 Hill sprints of 10 seconds, 1 minute between rest between sprints.	40 min cross	2 mile run	Rest	60 min cross	5 mile run
7	Rest	3 mile run	45 min cross	2 mile run	Rest	60 min cross	5.5 mile run
8	Rest	3 mile run	30 min cross	2 mile run	Rest	Rest	**10-K Run**