MARATHON HANDBOOK

6 WEEK 10K TRAINING PLAN FOR BEGINNERS: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		**Walk/Run** Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 20-30 min	**Rest**	**Walk/Run** Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 20 min	**Walk/Run** Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	**Rest**
2		**Walk/Run** Warm up: Brisk walk 5 min 2 x 10 min run / 30 sec walk Cool down: 5 min walk	**Cross Training** 35 min	**Rest**	**Easy Run** Warm up: Brisk walk 5 min Run 16 min without stopping Cool down: 5 min walk	**Cross Training** 30 min	**Easy Run** Warm up: Brisk walk 5 min Run 2 miles without stopping Cool down: 5 min walk	**Rest**
3		**Easy Run** Warm up: Brisk walk 5 min Run 2.5 miles at an easy pace, trying not to stop	**Cross Training** 45 min	**Rest**	**Easy Run** Warm up: Brisk walk 5 min Run 3 miles at an easy pace	**Easy Run / Cross Training** Easy Run 15 min, or Cross Training 30 min	**Easy Run** Run 3.5 miles at an easy pace	**Rest**
4		**Easy Run** Run 4 miles at an easy pace	**Cross Training** 45 min	**Rest**	**Run** Warm up: Brisk walk 5 min 1 min hard running interspersed during	**Easy Run / Cross Training** Easy Run 20 min, or Cross Training 30 min	**Easy Run** Run 4.5 miles at an easy pace	**Rest**
5		**Easy Run** Run 5 miles at an easy pace	**Cross Training** 50 min	**Rest**	**Easy Run** Run 5.5-6 miles at an easy pace	**Easy Run / Cross Training** Easy Run 20 min, or Cross Training 30 min	**Run** Warm up: Brisk walk 5 min 1 min hard running interspersed during	**Rest**
6		**Easy Run** Run 4 miles at an easy pace	**Cross Training** 40-45 nin	**Easy Run** 3-4 miles	**Rest**	**Easy Run** Jog 15-20 min with 4 x 75m strides	**Race** 10k Race!	**Rest**