



# 10K TRAINING PLANS

**BEGINNER | RUN-WALK | IMPROVER**

10k training balances speed and endurance. Sign up for one and you'll soon hit an ideal weekly mileage for maintaining a great level of fitness. They really are the perfect 10. Get on your way with one of our training plans.

Official Training Partner



For more training tips or to claim your 2 week FREE trial of the Runna app. **Use code GRC**  
[Click to redeem](#)

# 10K BEGINNER

## 16 WEEK TRAINING PLAN

A 10k can feel daunting if you're a beginner. But remember, Great Runs are for everyone. Follow this training plan and you'll soon be hitting your stride, whatever your pace.



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# 10K BEGINNER

## 16 WEEK TRAINING PLAN

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running & walking for 10 minutes.	REST	REST	Mix up periods of running & walking for 15 minutes.	REST	Mix up periods of running & walking for 15 minutes.

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running & walking for 10 minutes.	REST	REST	10 minutes of easy running.	REST	15 minutes of easy running.

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	10 minutes of easy running.	REST	20 minutes of easy running.

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	20 minutes of easy running.

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	20 minutes of easy running.

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	25 minutes of easy running.

# 10K BEGINNER

## 16 WEEK TRAINING PLAN

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	25 minutes of easy running.

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST.	10 minutes of easy running.	20 minutes of easy running.

### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	15 minutes of easy running.

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	25 minutes of easy running.

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	30 minutes of easy running.

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	15 minutes of easy running.	40 minutes of easy running.

# 10K BEGINNER

## 16 WEEKS TRAINING PLAN

### WEEK 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	15 minutes of easy running.	45 minutes of easy running.

### WEEK 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	10 minutes of easy running.	REST	15 minutes of easy running.	REST.	15 minutes of easy running.	50 minutes of easy running.

### WEEK 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	15 minutes of easy running.

### WEEK 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	<b>EVENT DAY</b> GOOD LUCK!

# 10K RUN WALK

## 8 WEEK TRAINING PLAN

It's a huge achievement to commit to a training plan and complete an event whether you run it, walk it or do a mixture of both. With our run-walk training schedule, you'll be on the road to success in no time.



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# 10K RUN WALK

## 8 WEEK TRAINING PLAN

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	6 x (1 min easy run, 1 min easy walk)	REST	REST	20 min brisk walk	REST	1 mile (1 min easy run, 1 min easy walk)

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min brisk walk	REST	REST	8 x (1 min easy run, 1 min easy walk)	REST	1.5 miles (1.5 min easy run, 1.5 min easy walk)

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min brisk walk	REST	REST	10 x (1 min easy run, 1 min easy walk)	REST	2 miles (1.5 min easy run, 1.5 min easy walk)

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min brisk walk	REST	REST	12 x (1 min easy run, 1 min easy walk)	REST	2.5 miles (2 min easy run, 1.5 min easy walk)

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min brisk walk	REST	REST	5 x (3 min easy run, 2 min easy walk)	REST	3 miles (2 min easy run, 1 min easy walk)

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	3.5 mile (2 min easy run, 1 min easy walk)

# 10K RUN WALK

## 8 WEEK TRAINING PLAN

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	4 miles (2 min easy run, 1 min easy walk)

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min brisk walk	REST	REST	10 min easy walk + 4 x (3 min easy run, 1 min easy walk)	REST	RACE GOOD LUCK!



# 10K IMPROVER

## 12 WEEK TRAINING PLAN

Already capable of running non-stop for 30-40 minutes at an easy pace? Perhaps even completed a 10k (or two)? With this training plan you'll be hot-footing it towards a PB in no time.



Official Training Partner



# 10K IMPROVER

## 12 WEEK TRAINING PLAN

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes of easy running.	30 minutes of easy running.

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	5 x (3 min at your current 10K pace, with 2 min walk/jog between to recover)	REST	20 minutes of easy running.	40 minutes of easy running.

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	2 x (8 min at your 10K goal pace, with 5 min walk/jog between to recover.	REST	25 minutes of easy running.	40 minutes of easy running.

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	10 min easy jog to warm up, 25 min at a steady pace. Then 10 min easy jog to warm down.	REST	30 minutes of easy running.	45 minutes of easy running.

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	4 x (3 min at your current 5K pace, with a 2.5 min walk/jog between to recover)	REST	30 minutes of easy running.	40 minutes of easy running.

# 10K IMPROVER

## 12 WEEK TRAINING PLAN

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of easy running.

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	30 min (20 min at a steady pace in the middle. Easy pace for the rest of the run)	REST	25 minutes of easy running.	40 minutes of easy running.

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	6 x (2.5 min run alternating each between your current 5K & 10K pace, with a 2 min walk/jog between to recover)	REST	30 minutes of easy running.	50 minutes of easy running.

### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	10 min easy jog, 8 min at your 10K goal pace, followed by 4 min at your 5K pace.	REST	30 minutes of easy running.	60 minutes of easy running.

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 minutes of easy running.	REST	30 min of steady running then 5 min hard controlled running.	REST	30 minutes of easy running.	50 minutes of easy running.

# 10K IMPROVER

## 12 WEEK TRAINING PLAN

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	3 x (6 min at current half marathon race pace, with a 2 min walk/jog between to recover)	REST	30 minutes of easy running.	45 minutes of easy running.

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	<b>EVENT DAY</b> GOOD LUCK!