

**BEGINNER 10 WEEK TRAINING PLAN: TO GET YOU FROM ZERO - 5K > THEN TO RUNNING 10K NON STOP**



**RUN UNTIL YOU FEEL TIRED : WALK UNTIL YOU FEEL GUILTY  
TAKE IT EASY : RUN COMFORTABLY : DON'T BE OUT OF BREATH**

**MOTIVATION GETS YOU STARTED,  
HABIT KEEPS YOU GOING**



10K EVENT DATE:

**11/05/14**

		RUN 1	RUN 2	RUN 3	RUN 4
<b>5K IN 5 WEEKS</b>	<b>WK1</b> 03/03	W5 5	W5 5	W4 4	W5 5
		R3:W2 20	R3:W2 25	R3:W1 28	R3:W1 40
		X4	X5	X7	X10
		W5 5	W5 5	W3 3	W5 5
		<b>30</b>	<b>35</b>	<b>35</b>	<b>50</b>
	<b>WK2</b> 10/03	W5 5	W5 5	W5 5	W4 4
		R4:W1 20	R4:W1 25	R5:W1 30	R5:W1 48
		X4	X5	X5	X8
		W5 5	W5 5	W5 5	W3 3
		<b>30</b>	<b>35</b>	<b>40</b>	<b>55</b>
	<b>WK3</b> 17/03	W4 4	W3 3	W4 4	W5 5
		R6:W1 28	R6:W1 35	R7:W1 32	R7:W1 40
		X4	X5	X4	X5
		W3 3	W2 2	W4 4	W5 5
		<b>35</b>	<b>40</b>	<b>40</b>	<b>50</b>
	<b>WK4</b> 24/03	W5 5	W5 5	W6 6	W3 3
		R9:W1 30	R9:W1 40	R10:W1 44	R10:W1 55
		X3	X4	X4	X5
		W5 5	W5 5	W5 5	W2 2
		<b>40</b>	<b>50</b>	<b>55</b>	<b>60</b>
<b>WK5</b> 31/03	W4 4	W4 4	W4 4	<b>5k RUN</b>	
	R15:W1 32	R12:W2 42	R12:W2 42		
	X2	X3	X3		
	W4 4	W4 4	W4 4		
	<b>40</b>	<b>50</b>	<b>50</b>		

		RUN 1	RUN 2	RUN 3	RUN 4
<b>10K IN 10 WEEKS</b>	<b>WK6</b> 07/04	W3 3	W5 3	W5 5	W5 5
		R20:W3 46	R20:W2 44	R20:W1 52	R25:W1 52
		X2	X2	X2	X2
		W1 1	W5 3	W3 3	W3 3
		<b>50</b>	<b>50</b>	<b>60</b>	<b>60</b>
	<b>WK7</b> 14/04	W5 5	W5 5	W5 5	W5 5
		R30 30	R30 30	R35 35	R40 40
		X4	X5	X5	X5
		W5 5	W5 5	W5 5	W5 5
		<b>40</b>	<b>40</b>	<b>45</b>	<b>50</b>
	<b>WK8</b> 21/04	W4 4	W5 4	W4 4	W4 4
		R35 35	R35 35	R40 40	R50 50
		X4	X5	X4	X5
		W3 3	W5 3	W3 3	W3 3
		<b>42</b>	<b>42</b>	<b>47</b>	<b>57</b>
	<b>WK9</b> 28/04	W3 3	W3 3	W3 3	W3 3
		R30 30	R30 30	R45 45	R55 55
		X4	X5	X4	X5
		W2 2	W2 2	W2 2	W2 2
		<b>35</b>	<b>35</b>	<b>50</b>	<b>60</b>
<b>WK10</b> 05/05	W3 3	W3 3	W3 3	<b>10k RUN</b>	
	R45 45	R45 45	R50 50		
	X4	X5	X4		
	W2 2	W2 2	W2 2		
	<b>50</b>	<b>50</b>	<b>55</b>		

- 3-4 RUNS PER WEEK
- OPTION TO MISS **RUN 2** IF REQUIRED
- CONSISTENCY IS KEY
- RUN WITH FRIENDS TO MAKE IT MORE FUN
- 1-3 REST DAYS PER WEEK
- OPTION TO WALK OR CROSS TRAIN ON NON RUNNING DAYS
- YOU CAN DO IT!

R = Run      W = Walk      IF YOU ARE ALREADY UP & RUNNING, USE THE TIMINGS TO RUN NON STOP ON THE 5K PLAN

<http://lornpearsontrains.co.uk>