



BEGINNER 10K PROGRAM

This program is for you if you are new to running and would like to build up to your first 10 KM run. To make the most of this program you should be able to run/walk 5 KM in less than 40 mins and you may have already completed a beginner 5KM program. Also by using the rate of perceived exertion scale you will be able to control the intensity of your run.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins RPE 5-6	Rest	30 mins RPE 5-6	Strength training	Rest	Long run 2 miles (try not to walk)
Week 2	Rest	30 mins RPE 5-6	Rest	30 mins RPE 5-6	Strength training	Rest	Long run 2 miles (try not to walk)
Week 3	Rest	30 mins RPE 5-6	Rest	30 mins RPE 5-6	Strength training	Rest	Long run 3 miles
Week 4	Rest	30 mins RPE 6	Rest	40 mins RPE 6	Strength training	Rest	Long run 1 hour
Week 5	Rest	30 mins RPE 6	Rest	40 mins RPE 6	Strength training	Rest	Long run 4 miles
Week 6	Rest	40 mins RPE 6	Rest	40 mins RPE 6	Strength training	Rest	Long run 4 miles
Week 7	Rest	40 mins RPE 6	Rest	50 mins RPE 6-7	Strength training	Rest	Long run 5 miles
Week 8	Rest	40 mins RPE 6	Rest	50 mins RPE 5-6	Strength training	Rest	Long run 5 miles
Week 9	Rest	50 mins RPE 7	Rest	60 mins RPE 5-6	Strength training	Rest	Long run 6 miles Race Pace
Week 10	Rest	50 mins RPE 7	Rest	60 mins RPE 6-7	Strength training	Rest	Long run 5 miles Race Pace
Week 11	Rest	60 mins RPE 7	Rest	60 mins RPE 6-7	Strength training	Rest	Long run 4 miles Race Pace
Week 12	Rest	40 mins RPE 6	Rest	40 mins RPE 6	Rest	Rest	RACE DAY

What is RPE (rate of perceived exertion)?

The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. Below is the RPE Scale.

Running Rate of Perceived Exertion (RPE) KEY

RPE 2	Recovery	Active Recovery
RPE 4	Easy	Warm up/Cool down
RPE 6	Easy-Moderate	TR Endurance
RPE 7	Moderate	TR Sustained Power
RPE 8	Moderate-Hard	TR Threshold
RPE 9	Hard	TR VO2max
RPE 10	All-Out	TR High Power
RPE N/A	Sprint	TR Burst Power

Types of training

All the training programmes involve long runs and light / moderate (recovery) runs, and some also include faster runs (tempo and speed).

Steady runs

These runs should be at a slightly challenging pace with an effort level of six to seven. You should be able to hold a conversation, but find it difficult. This will become your race pace and be used for your long runs. It will increase your distance and build up your aerobic fitness, efficiency and endurance.

Tempo runs

Constant speed running is sometimes referred to as tempo running. This improves your running pace.

Although the true definition of tempo running varies, aim to run at a constant speed that feels 'comfortably hard'. This should be about an 8 on the effort scale. Stick to about 15 to 20 minutes at this pace and always include warming up and cooling down as follows:

- **30 mins total:**
 - 5 mins warm up (effort level 5)
 - 20 mins tempo running (effort level 8)
 - 5 mins cool down (effort level 3–4)
- **40 mins total:**
 - 4 mins warm up (effort level 5)
 - 15 mins tempo running (effort level 8)
 - 3 mins easy jog (effort level 5)
 - 15 mins tempo running (effort level 8)
 - 3 mins cool down (effort level 3–4)
- **50 mins total:**
 - 5 mins warm up (effort level 5)
 - 20 mins tempo running (effort level 8)
 - 5 mins easy jog (effort level 5)
 - 15 mins tempo running (effort level 8)
 - 5 mins cool down (effort level 3–4)

Interval training

Training with intervals builds your aerobic fitness, strength and speed. Interval training involves running fast (but not sprinting), over a set distance or time, at an effort level of 9. Follow each hard interval with an easy one of at least the same length, then repeat. Try using a treadmill or running track to help you get the distances and times right.

As you go through your training programme, try filling the recommended time with these sequences:

- **Starting interval training:**
 - 30 secs running (effort level 9)
 - 2 mins easy jog/walk (effort level 5)
- **Hitting your stride (from week 8):**
 - 1 min running (effort level 9)
 - 2 mins easy jog/walk (effort level 5)
- **Closer to race day (from week 12), try short/fast intervals and longer/slower ones, eg:**
 - 30 secs sprinting (effort level 10)
 - 90 secs easy jog / walk (effort level 5) (repeat x 5)
 - 3 mins running (effort level 9)
 - 4 mins easy jog / walk (effort level 5) (repeat x 2/3)
 - 30 secs sprinting (effort level 10)
 - 90 secs easy jog / walk (effort level 5) (repeat x 2/3)

Real people. Real results.