



Novice 10k Training Programme

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	5 mins walk 5 mins jog 5 mins walk stretch before and after	REST	15 mins BRISK walk. Stretching exercises	REST	5 mins walk 5 mins jog 5 mins walk stretch before and after	15 mins BRISK walk stretch before and after
2	20 mins BRISK walk stretch before and after		5 mins walk 5 mins jog 5 mins walk stretch before and after		20 mins BRISK walk stretch before and after		REST
3	REST	5 mins walk 10 mins jog 5 mins walk - stretch before and after	REST	5 mins walk 10 mins jog 5 mins walk - stretch before and after		5 mins walk 10 mins jog 5 mins walk - stretch before and after	
4	5 mins walk 10 mins jog 5 mins walk - stretch before and after		5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk - 5 mins jog 5 mins walk 5 mins jog stretch before and after		5 mins walk 15 mins jog 5 mins walk - stretch before and after
5		5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk 20 mins jog 5 mins walk - stretch before and after	
6	5 mins walk 5 mins jog 5 mins faster 5 mins jog 5 mins walk - stretch		5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk 5 mins jog 5 mins faster 5 mins jog 5 mins walk - stretch
7		5 mins walk 20 mins jog 5 mins walk - stretch before and after		5 mins walk 5 mins jog 5 mins faster 5 mins jog 5 mins walk - stretch		5 mins walk 20 mins jog 5 mins walk - stretch before and after	
8	5 mins jog 5 mins faster 5 mins jog 5 mins faster 5 mins jog - stretch		25 min jogging - stretch before and after		5 mins jog 5 mins faster 5 mins jog 5 mins faster 5 mins jog - stretch		30 minutes jogging stretch before and after



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9		5 mins jog, 3 mins faster 3 mins jog 2 mins faster 5 mins jog stretch before and after	10 min warm up 5x400 interval 10 min warm down	25 mins jogging 5 mins jog		30 mins jogging stretch before and after	5 mins jog 5 mins faster 5 mins jog 5 mins faster 5 mins jog - stretch
10		35 min jogging Stretch before and after	30 min tempo	3 mins jog, 2 mins faster - 2 mins jog, 1 min faster 3 mins jog, 2 mins faster 5 mins jog REPEAT		30 mins jogging	
11	35 mins jogging - stretch		5 mins jog 5 mins faster 5 mins jog 5 mins faster 5 mins jog - stretch		35 mins jog		3 mins jog, 2 mins faster - 2 mins jog, 1 min faster 3 mins jog, 2 mins faster 5 mins jog REPEAT
12		20 mins jogging -stretch		20 mins jogging stretching exercises	REST	REST	10k Race