

# 10KM TRAINING PLAN FOR BEGINNER (8 WEEKS)

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WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Rest	20min Easy run	30min Walk	Rest or Strength training	20min Easy run	Rest	40 min Long run
WEEK 2	Rest	20 min Easy run	40min walk	Rest or Strength training	20min Easy run	Rest	40 min Long run
WEEK 3	Rest	25 min Easy run	10min Easy + 10min Hard run	Rest or Strength training	20min run + 5 x 100m Sprints	Rest	50 min Long run
WEEK 4	Rest	25 min Easy run	25min Tempo	Rest or Strength training	20min run + 5 x 100m Sprints	Rest	60 min Long run + Strides
WEEK 5	Rest	30 min Easy run + Strides	Intervals 1Km x 6 (4min rest)	Rest or Strength training	25min run + 5 x 100m Sprints	Rest	80 min Long run + Strides
WEEK 6	Rest	30 min Easy run + Strides	Intervals 1Km x 6 (4min rest)	Rest or Strength training	25min run + 5 x 100m Sprints	Rest	70 min Long run + Strides
WEEK 7	Rest	20 min Easy run	30min Tempo run	Rest or Strength training	30min Easy run	Rest	40 min Long run
WEEK 8	Rest	15 min Easy run	Rest	20min walk	Rest	Rest	Good Luck for Race

- Always warm up and cool down for each session.
- If you feel any discomfort or pain, stop and consult a physical therapist.
- This plan is based on scientific data.
- Do not increase distance or training time by more than 10% per week.
- A time-based plan is best suited for better results.
- Always follow the 80-20 rule.

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