



**6 - W E E K**

# BEGINNER 10K TRAINING PLAN

This six-week schedule is designed to provide beginners the endurance they need to go the 10K distance (6.2 miles). The plan features four days of easy running, two days of rest, and some very short doses of faster running and gentle pickups.

This plan will give you the endurance you need to finish your 10K fit and injury-free. Most of the running will be done at a steady, moderate pace. But there will be some intervals and gentle pickups to give you a taste of what it feels like to run faster and prep you for the next level.

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# BEGINNER 10K TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rest	0–4 miles Easy Run	4 miles Easy Run with Aerobic Intervals	Rest	4 miles Easy Run with Gentle Pickups	Rest	5 miles Easy Run
WEEK 2	Rest	2 miles Easy Run	4 miles Easy Run with Gentle Pickups	0–3 miles Easy	3.5 miles Easy Run	Rest	6 miles Easy Run
WEEK 3	Rest	4 miles Easy Run	4 miles Easy Run with Aerobic Intervals	0–3 miles Easy Run	4 miles Easy Run with Gentle Pickups	Rest	5 miles Easy Run
WEEK 4	Rest	4 miles Easy Run	4 miles Easy Run with Aerobic Intervals	0–3 miles Easy Run	4.5 miles Easy Run with Gentle Pickups	Rest	7–8 miles Easy Run
WEEK 5	Rest	4 miles Easy Run	4 miles Easy Run with Aerobic Intervals	0–3 miles Easy Run	4.5 miles Easy Run with Gentle Pickups	Rest	4 miles Easy Run
WEEK 6	Rest	2 miles Easy Run	4 miles Easy Run with Aerobic Intervals	2 miles Easy Run	Rest	2 miles Easy Run	RACE DAY!

## THE WORKOUTS

### ► Easy Run

Maintain a comfortable, conversational pace. These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs.

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### ► Aerobic Intervals

For your aerobic intervals, push the pace a bit, but don't run all out. After each bout of fast running, jog slowly until you feel rested enough to speed up again.

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### ► Gentle Pickups

For gentle pickups, gradually increase your pace over 100 meters until you're running at 90 percent of all-out effort, and hold it there for 10 to 20 meters, then gradually decelerate. Walk in between the pickups to recover.

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### ► Rest

Ideally, on rest days you should do no exercise at all. But it's okay to cross-train with a no-impact activity like stretching, yoga, or swimming. Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>Day 1:</b> Rest  Welcome to the Runner's World's 10K Plan for Beginners.  The program starts with a day of rest so you'll be fresh and ready for the miles ahead.					
<b>Day 2:</b> 0–4 miles Easy Run  It's okay to go for a short easy run, or cross-train with a no-impact activity like stretching, yoga, or swimming.					
<b>Day 3:</b> 4 miles Easy Run with Aerobic Intervals  2 miles easy 4 x 1-minute aerobic intervals 2 miles easy  Start by running two miles at a comfortable pace that feels easy enough to carry on a conversation. For your aerobic intervals, push the pace a bit, but don't run all out. After each bout of fast running, jog slowly until you feel rested enough to speed up again. Finish with two easy miles.					
<b>Day 4:</b> Rest  Rest today to recover from this week's workouts.					
<b>Day 5:</b> 4 miles Easy Run with Gentle Pickups  4 miles easy 3 gentle pickups  Maintain your easy, conversational pace for four miles. Then do three gentle pickups. Gradually increase your pace over 100 meters until you're running at 90 percent of all-out effort, and hold it there for 10 to 20 meters, then gradually decelerate. Walk in between the pickups to recover.					
<b>Day 6:</b> Rest  It's best not to exercise at all today. Recover from this week's workouts, and stay fresh for tomorrow's run.					
<b>Day 7:</b> 5 miles Easy Run  Maintain a comfortable, conversational pace.					

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>Day 8:</b>	Rest				
	This is week two of training. Race day is four weeks away. This week you'll have four easy runs, two rest days, and one run that includes gentle pickups.				
<b>Day 9:</b>	2 miles Easy Run				
	Training logs can be great tools to track your progress and help prevent injuries. Write down details about the mileage you ran, how you felt while you were on the run, what the weather was like, and how you felt afterward.				
<b>Day 10:</b>	4 miles Easy Run with Gentle Pickups				
	4 miles easy 3 gentle pickups				
	Maintain your easy conversational pace for three miles. For pickups, gradually increase your pace over 100 meters until you're running at 90 percent of all-out effort, and hold it there for 10 to 20 meters, then gradually decelerate. Walk in between the pickups to recover.				
<b>Day 11:</b>	0–3 miles Easy Run				
<b>Day 12:</b>	3.5 miles Easy Run				
	Worn-out and ill-fitting shoes are often the cause of injury. Be sure to go to a specialty running shop to get a pair that offers the fit and support that your feet need.				
	► You can always <a href="#">find the best running shoes on Runner's World right here.</a>				
<b>Day 13:</b>	Rest				
	Take it easy before a longer outing.				
<b>Day 14:</b>	6 miles Easy Run				

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>Day 15:</b> Rest					
Welcome to week three of training. This week, you'll have three easy runs and two days of rest. You'll do some short speedwork, adding aerobic intervals to Wednesday's run, and you'll do some gentle pickups on Friday.					
<b>Day 16:</b> 4 miles Easy Run					
<b>Day 17:</b> 4 miles Easy Run with Aerobic Intervals					
2 miles easy 4 x 90-second aerobic intervals 2 miles easy					
Maintain your conversational pace for two miles, and then do four 90-second intervals. On the intervals, push the pace a bit, but don't run all out. After each bout of fast running, jog slowly until you feel rested enough to speed up again. Finish with two easy miles.					
<b>Day 18:</b> 0–3 miles Easy Run					
It's important to keep your easy days easy throughout training so that you have the energy and fitness to give your all to the quality workouts, like tempo runs and long runs. In order to do that, it's a good idea to learn the best target pace for all your runs on the schedule.					
<b>Day 19:</b> 4 miles Easy Run with Gentle Pickups					
4 miles easy 3 gentle pickups					
Keep your conversational pace for four miles. Then ease into three gentle pickups. Gradually increase your pace over 100 meters until you're running at 90 percent of all-out effort, and hold it there for 10 to 20 meters, then gradually decelerate. Walk in between the pickups to recover.					
<b>Day 20:</b> Rest					
► Check out <a href="#">our guide to yoga</a> to find lots of good poses for runners to help on rest days.					
<b>Day 21:</b> 5 miles Easy Run					

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>Day 22:</b> Rest					
<b>Day 23:</b> 4 miles Easy Run					
<b>Day 24:</b> 4 miles Easy Run with Aerobic Intervals					
2 miles easy					
6 x 90-second aerobic intervals					
2 miles easy					
<b>Day 25:</b> 0–3 miles Easy Run					
<b>Day 26:</b> 4.5 miles Easy Run with Gentle Pickups					
4.5 miles easy					
6 gentle pickups					
Keep a comfortable pace for 4.5 miles. Then ease into 6 gentle pickups. Gradually increase your pace over 100 meters until you're running at 90 percent of all-out effort, and hold it there for 10 to 20 meters, then gradually decelerate. Walk in between the pickups to recover.					
<b>Day 27:</b> Rest					
<b>Day 28:</b> 7–8 miles Easy Run					

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>Day 29:</b> Rest					
					This is week five of training. You'll have three easy runs and two rest days. You'll add intervals and pickups to two of your other runs.
<b>Day 30:</b> 4 miles Easy Run					
					<b>Day 31:</b> 4 miles Easy Run with Aerobic Intervals
					2 miles easy 6 x 90-second aerobic intervals 2 miles easy
					Start by running two miles at your easy pace. For your aerobic intervals, push the pace a bit, but don't run all out. After each bout of fast running, jog slowly until you feel rested enough to speed up again. Finish with two easy miles.
<b>Day 32:</b> 0–3 miles Easy Run					
					<b>Day 33:</b> 4.5 miles Easy Run with Gentle Pickups
					4.5 miles easy 6 gentle pickups
					Keep a comfortable pace for 4.5 miles. Then ease into 6 gentle pickups. Gradually increase your pace over 100 meters until you're running at 90 percent of all-out effort, and hold it there for 10 to 20 meters, then gradually decelerate. Walk in between the pickups to recover.
<b>Day 34:</b> Rest					
					On days that you aren't running, invest time in proper recovery. Sports massages or foam rolling are great ideas to try.
<b>Day 35:</b> 4 miles Easy Run					
					If you're struck by a cramp midrun, stop running and apply pressure to the muscle. Press firmly for 15 seconds—don't massage. Then gently stretch the muscle. Repeat the pressure/stretch cycle until the cramp subsides. Walk at first, then slowly increase your pace.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>Day 36:</b> Rest					
					Welcome to race week. You made it! Do the runs that are scheduled this week, and resist the urge to cram in extra mileage or speed: It can only hurt your performance on race day. Rest as much as possible, and get your gear and fuel plans for the weekend set. Your goal should be to reduce your stress as much as possible heading to the starting line.
<b>Day 37:</b> 2 miles Easy Run					<p>► Need help in what to wear for your race? Try our <a href="#">what to wear tool</a>.</p>
<b>Day 38:</b> 4 miles Easy Run with Aerobic Intervals					<p>2 miles easy 4 x 2-minute aerobic intervals 2 miles easy</p> <p>Start by running two miles at a comfortable pace. For your aerobic intervals, push the pace a bit, but don't run all out. After each bout of fast running, jog slowly until you feel rested enough to speed up again. Finish with two easy miles.</p>
<b>Day 39:</b> 2 miles Easy Run					<p>► You can find the perfect soundtrack with our <a href="#">extensive line-up of playlists</a> if you need to energize your normal run.</p>
<b>Day 40:</b> Rest					<p>The night before the race, be sure to eat dinner early, so you have plenty of time to digest your food and sleep well. A high proportion of the meal should be carbohydrates; the meal should be low in fat and protein. Avoid beans, broccoli, and other gas-causing foods. Keep alcohol to a minimum or skip it altogether. And you don't need to eat an entire box of pasta. Flooding your system with more carbs than it can process may lead to digestive problems that will have you running to the porta-potty every mile. Consume moderate quantities—not huge portions—of carbs for a few days prior. Most important, don't experiment with new foods. Don't consume anything that you haven't used during training.</p>
<b>Day 41:</b> 2 miles Easy Run					<p>Take stock of the miles you've covered leading up to this day to put meaning behind a fulfilling mantra.</p>
<b>Day 42:</b> 10K Race					<p>It's race day! Have some fluids and a light breakfast about two hours before the race starts, and arrive early enough to pick up your number and relax before the race. Walk and jog easy for about 10 minutes before the race begins. Start at a pace that feels slow and gradually work into a comfortable pace.</p> <p>► After you've recovered, consider training with Runner's World again. Check out <a href="#">runnersworld.com/plans</a> to see the other plans we've designed for 5Ks, 10Ks, half marathons, and marathons.</p>