



10km Training Plan

BEGINNER

Nine Week Plan

PERSONAL NOTES

TRAINING LEVEL: BEGINNER

Week	Day	Disciplines	Details	Pacing	Personal Notes
Week 1	Monday	Rest			
	Tuesday	Walk	40 minutes	Brisk pace	
	Wednesday	Walk	40 minutes	Brisk pace	
	Thursday	Walk	40 minutes	Brisk pace	
	Friday	Rest			
	Saturday	Core Work	See below		
	Sunday	Run/Walk	40 minutes	1min run/2min walk	
Week 2	Monday	Rest			
	Tuesday	Run/Walk	40 minutes	1.5min run/2min walk	
	Wednesday	Walk	40 minutes	Brisk pace	
	Thursday	Run/Walk	40 minutes	1.5min run/1.5min walk	
	Friday	Rest			
	Saturday	Core Work	See below		
	Sunday	Run/Walk	45 minutes	2min run/1min walk	
Week 3	Monday	Rest			
	Tuesday	Run/Walk	45 minutes	2min run/1min walk	
	Wednesday	Run/Walk	20 minutes	3min run/1min walk	
	Thursday	Run/Walk	40 minutes	3min run/1min walk	
	Friday	Rest			
	Saturday	Core Work	See below	Skipping	
	Sunday	Run/Walk	5km	As fast as you can go	Record your time here
Week 4	Monday	Rest			
	Tuesday	Run/Walk	45 minutes	3min run/1min walk	
	Wednesday	Run/Walk	20 minutes	4min run/1min walk	
	Thursday	Run/Walk	45 minutes	4min run/1min walk	
	Friday	Rest			
	Saturday	Core Work	See below	Skipping	
	Sunday	Run/Walk	5km	As fast as you can go	Record your time here
Week 5	Monday	Rest			
	Tuesday	Run/Walk	45 minutes	4min run/1min walk	
	Wednesday	Run/Walk	20 minutes	5min run/1min walk	
	Thursday	Run/Walk	45 minutes	5min run/1min walk	
	Friday	Rest			
	Saturday	Core Work	See below	Skipping	
	Sunday	Run/Walk	5km	As fast as you can go	Record your time here
Week 6	Monday	Rest			
	Tuesday	Run/Walk	45 minutes	5min run/1min walk	
	Wednesday	Run/Walk	20 minutes	8min run/2min walk	
	Thursday	Run/Walk	45 minutes	6min run/1min walk	
	Friday	Rest			
	Saturday	Core Work	See below	Skipping	
	Sunday	Jog	7km	Very slow jog	Record your time here
Week 7	Monday	Rest			
	Tuesday	Run/Walk	45 minutes	6min run/1min walk	
	Wednesday	Run/Walk	20 minutes	9min run/1min walk	
	Thursday	Run/Walk	45 minutes	8min run/1min walk	
	Friday	Rest			
	Saturday	Core Work	See below	Skipping	
	Sunday	Jog	7km	Slow jog	Record your time here

Gaelforce 10k Training Plan

BEGINNER

Nine Week Plan

Week 8	Day	Disciplines	Details	Pacing
	Monday	Rest		
	Tuesday	Run/Walk	45 minutes	8min run/1min walk
	Wednesday	Jog	20 minutes	
	Thursday	Run/Walk	45 minutes	20min jog/5min walk/ 20min jog
	Friday	Rest		
	Saturday	Core Work	See below	Skipping
	Sunday	Jog	10km	Slow jog
Race Week	Day	Disciplines	Details	Pacing
	Monday	Rest		
	Tuesday	Run	30 minutes	Jog
	Wednesday	Run	30 minutes	Jog
	Thursday	Walk	45 minutes	Very fast walk
	Friday	Rest	3km	Slow walk
	Saturday	Rest		
	Sunday	RACE!	GOOD LUCK!	

CORE WORK

It's very important when you are training for a run you also work on strengthening your core, this will create all round toning but most importantly will increase strength therefore reducing the chance of injury

Pilates classes are excellent for this. Here is one routine below but there are many great routines that work on core.

Core sessions should be minimum of 30 mins

Buy light weights and use 12 reps per exercise. This should be difficult but not impossible, increase or decrease the weights depending on this.

Stand with legs slightly apart and knees relaxed, lift weights to chest and then above head

lie on back and put weights together and push away from chest and back

Sit ups 15 situps straight up, only lift slightly off ground, chin away from chest, hold and down slowly

15 to the right knee, 15 to left knee

Plank for 40 secs

Push up (knees on floor if needed) 15

Burpees 20

Do all this twice

SKIPPING

Skipping, it is important to get your heart rate up now and again to its highest level (check with doctor and use a heart monitor to know what his should be)

Skip 50 at a time, rest. By the end of week 8 this should be 100 at a time

You should skip for a minimum of 10 mins at a time.