

BEGINNERS TRAINING PLAN

10 week Training Programme, prepared by
Rio Olympic marathon runner Sonia Samuels

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEK 1

Rest

Warm Up 10min easy running.
4 x 2min @ 6-6.10min/k pace
with 3min walk/jog recovery.
Warm down 10min easy running

Rest

25min easy running
with the last 5mins
@6.30min/k pace.

Rest

3-5k easy running

Rest

WEEK 2

Rest

Warm Up 10min easy running.
4 x 3min @ 6-6.10min/k pace
with 3-4min walk/jog recovery.
Warm down 10min easy running

Rest

30min easy running
with the last 10mins
@6.20min/k pace.

Rest

5-7k easy running

Rest

WEEK 3

Rest

Warm Up 10min easy running.
10 x 1min @ 6min/k pace
with 1-2min walk/jog recovery.
Warm down 10min easy running

Rest

Warm Up 10min easy running.
3 x 5min @6.10-20min/k
(2-3min jog recovery)
Warm down 5-10min easy.

Rest

5-7k easy running

Rest

WEEK 4

Rest

Warm Up 10min easy running.
6 x 2min @ 6-6.10min/k pace
with 3min walk/jog recovery.
Warm down 10min easy running

Rest

Warm Up 10min easy running.
4 x 6min @6.00- 6.10min/k
(2-3min jog recovery)
Warm down 5-10min easy.

Rest

7-8k easy running

Rest

WEEK 5

Rest

Warm Up 10min easy running.
5 x 3min @ 6-6.10min/k pace
with 3-4min walk/jog recovery.
Warm down 10min easy running

Rest

Warm Up 10min easy running.
20mins effort @6.00- 6.05min/k.
Warm down 5-10min easy.

Rest

8-10k easy running

Rest

WEEK 6

Rest

Warm Up 10min easy running.
12 x 1min @ 6min/k pace
with 1-2min walk/jog recovery.
Warm down 10min easy running

Rest

8k Progression run:
2k@6.30, 2k@6.20
2k@6.10, 2k@6.00pace

Rest

10-12k easy running

Rest

WEEK 7

Rest

Warm Up 10min easy running.
6 x 2min @ 5.45-50min/k pace
with 3min walk/jog recovery.
Warm down 10min easy running

Rest

Warm Up 10min easy running.
4 x 8min @6.00min/k
(2-3min jog recovery).
Warm down 5-10min easy.

Rest

12-14k easy running

Rest

WEEK 8

Rest

Warm Up 10min easy running.
5 x 3min @ 5.50min/k pace
with 3-4min walk/jog recovery.
Warm down 10min easy running

Rest

8k Progression run:
2k@6.25, 2k@6.15
2k@6.05-10, 2k@6.00pace

Rest

14-15k easy running

Rest

WEEK 9

Rest

Warm Up 10min easy running.
12 x 1min @ 5.30-40min/k pace
with 1-2min walk/jog recovery.
Warm down 10min easy running

Rest

Warm Up 10min easy running.
30mins effort @6.00- 6.05min/k.
Warm down 5-10min easy.

Rest

12-14k easy running

Rest

WEEK 10

Rest

Warm Up 10min easy running.
6 x 2min @ 5.40-45min/k pace
with 3min walk/jog recovery.
Warm down 10min easy running

Rest

8k run:
6k easy then last 2k @6.30pace

Rest

Very easy 20-30min run

Rest