

# Training Plan

for beginner runners

	Week 1	Week 2	Week 3	Week 4
Monday	10 mins: 1 min walk, 1 min jog	15 mins: 1 min walk 2 min jog	20 mins: 1 min walk, 2 min jog	12 mins jog, 12 mins walk
Tuesday	Rest	Rest	Rest	Rest
Wednesday	10 mins: 1 min walk, 1 min jog	15 mins: 1 min walk 2 min jog	20 mins: 10 mins jog then 10 mins walk	8 mins jog, 1 min walk twice
Thursday	Rest	Rest	Rest	Rest
Friday	20 mins: 1 min walk, 1 min jog	20 mins: 1 min walk 2 min jog	5 mins jog, 3 min walk twice	15 mins jog
Saturday	Rest	Rest	Rest	Rest
Sunday	Cycle or long walk (<30 mins)	30 minutes walking	40 mins: 2 mins jog, 1 min walk	40 mins: 2 mins jog, 1 min walk
Training Objective:	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.			Starting to run short distances continuously.
	Week 5	Week 6	Week 7	Week 8
Monday	20 mins jog	20 mins jog	35 mins easy	Rest
Tuesday	Rest	Rest	Rest	30 mins steady
Wednesday	5 mins run, 1 min walk twice	5 mins run 3 min walk twice	20 mins steady	3x 5 mins run 3 mins jog
Thursday	Rest	Rest	Rest	Rest
Friday	25 mins jog	25 min jog	10 mins fast 4 min walk twice	35 mins jog
Saturday	Rest	Rest	Rest	Rest
Sunday	25 mins run	30 mins run (5km run)	40 mins easy	50 mins easy
Training Objective:		Consolidation week – slight increase in the mid week runs.		Gradually increasing time on the feet – a mental strategy or run 5 mins/ walk 1 min for the long run will help you get through 60 mins.
	Week 9	Week 10		
Monday	Rest	Rest		
Tuesday	30 mins steady	33 mins easy		
Wednesday	4x 5 mins run, 3 mins jog	8 mins run, 2 mins jog		
Thursday	Rest	Rest		
Friday	35 mins steady	25 mins steady		
Saturday	Rest	Rest		
Sunday	55 mins easy	<b>10km race</b>		
Training Objective:	Taper down for race.			

