12 Week 10km Training Programme

It is worth remembering that it is better to arrive on the starting line undertrained than over trained or not starting at all due to injury.
If you are a beginner runner start at the beginning of this programme and if you are already training start at a week that approximates your training then follow the progressions from there on.

Easy run means finishing and feeling you could do more.
Faster run means having to concentrate to maintain pace towards the end
Fast means setting off at a speed that you hope you can maintain till the end

Week 1

Sun	15 min easy run
Mon	rest
Tues	15 min easy run
Wed	rest
Thurs	15 min easy run
Fri	rest
Sat	rest

Week 2

Sun	20 min easy run
Mon	rest
Tues	20 min easy run
Wed	rest
Thurs	20 min easy run
Fri	rest
Sat	rest

Week 3

Sun	30 min easy run
Mon	rest
Tues	20 min easy run
Wed	rest
Thurs	same run as tues but a minute faster
Fri	rest
Sat	15 min easy run

Week 4

Sun   30 min easy run
Mon   rest
Tues   20 min easy run
Wed   rest
Thurs   25 min harder run
Fri   rest
Sat   20 min easy run

Week 5

Sun   35 min easy run
Mon   rest
Tues   25 min easy run
Wed   rest
Thurs   20 min fastish
Fri   rest
Sat   20 min easy run

Week 6

Sun   35 min easy run
Mon   rest
Tues   25 min easy run
Wed   15 min faster run
Thur   20 min easy run
Fri   rest
Sat   20 min fast run

Week 7

Sun   40 min easy run
Mon   rest
Tues   25 min easy run
Wed   20 min faster run
Thurs   20 min easy run
Fri   rest
Sat   20 min fast run

Week 8

Sun   40 min easy run
Mon   rest
Tues   10 min easy, 10 min fast, 10min easy
Wed   20 min easy run
Thurs   20 min fast
Fri   rest
Sat   20 min hilly run

Week 9

Day	Activity
Sun	45 min easy run
Mon	rest
Tues	10 min easy 5min fast, 5 min easy, 5min fast, 5min easy
Wed	20 min easy run
Thurs	20 min fast
Fri	rest
Sat	30 min hilly run

Week 10

Day	Activity
Sun	50 min easy run
Mon	rest
Tues	10 min easy, 5 min fast, 5 min easy, 5 min fast, 10 min easy
Wed	20 min easy run
Thurs	20 min fast
Fri	rest
Sat	30 min hilly run

Week 11

Day	Activity
Sun	50 min easy run
Mon	rest
Tues	30 min hard run
Wed	20 min easy run
Thurs	20 min fast
Fri	rest
Sat	30 min hilly run

Week 12

Day	Activity
Sun	40 min easy run
Mon	20 min fast run
Tues	rest
Wed	20 min fast run
Thurs	rest
Fri	rest
Sat	race