

3 Month 10K Beginner Training Plan

MONTH 1				
Week	Day	Run (min)	Walk (min)	Repeat
1	1	2	2	5
	2	2	2	7
	3	2	2	8
2	1	3	2	5
	2	3	2	7
	3	3	2	8
3	1	3	2	8
	2	5	2	3
	3	5	2	4
4	1	5	2	4
	2	5	1	4
	3	8	2	3
MONTH 2				
Week	Day	Run (min)	Walk (min)	Repeat
1	1	8	2	3
	2	8	1	3
	3	10	3	3
2	1	10	2	3
	2	10	2	3
	3	15	5	2
3	1	15	5	2
	2	15	3	2
	3	20	5	2
4	1	20	5	2
	2	20	3	2
	3	30		
MONTH 3				
Week	Day	Run (min)	Walk (min)	Repeat
1	1	15	5	3
	2	20	2	2
	3	35		
2	1	20	2	2
	2	25	5	2
	3	35		
3	1	25	5	2
	2	20	5	3
	3	40		
4	1	25	5	2
	2	20	5	3
	3	10K		