

## Beginner's 10K Training Guide

### Welcome to Leggit's 10K Training Programme for Beginners.

Have you been thinking about running a 10K? There could be an upcoming event that you're interested in or maybe you're just ready to take your training to the next stage. The Leggit.co.uk 10K training programme is a brilliant starting point to help you reach your 10K goal, whatever the reason!

Our training programme gives you a basic structure to help build up your running ability and confidence to a 10K standard. The training programme is step by step guide covering an 8 week period. We have broken the distance down in to small, manageable chunks to help improve at a steady and safe pace.

Now all that's left for you to do... is to get started!!

*The Leggit training guides are written and recommended by qualified personal trainers. If you have any enquiries regarding this, or any other programmes featured on leggit.co.uk, please email us at [training@leggit.co.uk](mailto:training@leggit.co.uk) and mark your email as high importance.*

*This programme was written by Pete Morton of Summit Personal Training, Bristol. REPs Number R0031850*

### Beginner's 10K Training Guide

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1		20-30mins <i>Easy Pace</i>		10 mins <i>Easy</i> 10 mins <i>Medium</i> 10 mins <i>Hard</i>			2-3miles <i>Easy Pace</i>
2		30mins <i>Easy Pace</i>		10 mins <i>Easy</i> 10 mins <i>Medium</i> 10 mins <i>Hard</i>			2-3miles <i>Easy Pace</i>
3		2mins <i>Easy</i> 2mins <i>Hard</i> (repeat x10)		10 mins <i>Easy</i> 10 mins <i>Medium</i> 10 mins <i>Hard</i>			4-5miles <i>Easy pace</i>
4		1min <i>Easy</i> 2min <i>Hard</i> (repeat x10)		10 mins <i>Easy</i> 20 mins <i>Medium</i> 10 mins <i>Hard</i>			5-6miles <i>Easy Pace</i>

## Beginner's 10K Training Guide

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5		1min <i>Easy</i> 3mins <i>Hard</i> (repeat x10)		10 mins <i>Easy</i> 20 mins <i>Medium</i> 10 mins <i>Hard</i>			6-7miles <i>Easy Pace</i>
6		5mins <i>Easy</i> 5mins <i>Hard</i> (repeat x4)		4miles <i>Medium -</i> <i>Hard Pace</i>			7-8miles <i>Easy Pace</i>
7		5mins <i>Easy</i> 5mins <i>Hard</i> (repeat x4)		4miles <i>Medium –</i> <i>Hard Pace</i>			4-5miles <i>Easy Pace</i>
8		4-5miles <i>Easy Pace</i>		<i>Rest day</i>			<b>10K RACE!</b>