

Beginner Runners' Training Schedule

For runners who run 15 to 25 miles per week and expect to run the 10K in 48:00 and up for men, or 54:00 and up for women.

Overview

[Cool Running](http://www.coolrunning.com) (link to www.coolrunning.com) recommends that runners put off training for races until their bodies have adapted to the strain of running. Tendons and ligaments can be injured all too easily if you go from ground zero to 5K-racing too quickly. Before you start training for your first race, establish a six-month foundation of running. During that base stage, slowly build through easy, consistent training runs as your body adapts to the rigors of the road. After that, come back and tackle one of our beginner training programmes.

Pre-Training Schedule

You should be able to run this schedule for four to five weeks without much discomfort before starting the 10K programme. If not, give yourself some time to build up to that level gradually, or you may risk injury.

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Pre-Train	Off	4M	3M	4M	Off	4M	4M

Guide to main schedule:

- The distance in parentheses below 'fartlek' runs includes a mile each of warm-up and warm down, in addition to your fartlek sessions. For example, if it says Fartlek (4M) run 1 mile warm-up, 2 miles fartlek, and 1 mile warm down.
* Fartlek: is Swedish for "speed play" and consists of bursts of speed in the middle of a training run
- Whenever you see a pace denoted as 5K pace or 10K pace, this refers to the speed at which you estimate you could run a 5K or 10K on that given day.
- When you read "4-5 hills", that means you should do 4-5 repeats at 5K pace on a hill about 150 or 200 yards long. Long hills should be 400-600 yards long. If you find it too tedious to run repeats on a

single hill, you can also find a route that incorporates the same number of hills, as long as the route is not very long.

- When you read the notation "4 x 880s", that means you should run four repeats of 880 yards each (two laps on the track). The pace below tells you how fast you should run them. For 880s, give yourself 2 minutes of rest between intervals; for 440s, give yourself 1-2 minutes.

The schedule

The schedule peaks at about 25 miles per week.

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	Off	4M	3M	4M	Off	4M	4M
2	Off	Fartlek (4M)	4M	3M	Off	3M	5M
3	Off	Fartlek (4M)	4M	3M	Off	3M	6M
4	Off	4-5 hills 5K-10K pace	3M	4M	Off	4M	7M
5	Off	5 x 440s 5K-10K pace	4M	5M	Off	4M	6M
6	Off	3-4 long hills 5K-10K pace	4M	5M	Off	3M	5K race (Or 7M)
7	Off	5M	3M	5M	Off	3M	8M
8	Off	4-5 long hills 5K-10K pace	3M	4M	Off	3M	10K race (Or 7M)
9	Off	4M	3M	6 x 880s 5K-10K pace	Off	4M	6M
10	Off	5 x 440s 5K-10K pace	3M	5M	Off	4M	5M
11	Off	5 x 880s 5K-10K pace	3M	4M	Off	3M	5M
12	Off	Fartlek (4M)	3M	3M	Off	2M	RACE DAY