



# BEGINNER'S SIX-WEEK PLAN

If a 10K event like the Vitality London 10,000 is the furthest you've ever run, you need to develop your endurance. The main aim of this plan is to help you build up to running the distance without stopping to walk – although you can always slow down if you need to!

Most of the runs are at an easy pace to develop your endurance, with a few faster 'fartlek' sessions thrown in during the middle four weeks to give you a taste of faster-paced running.

This type of training should also make the subsequent longer runs easier – good luck!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	3 miles easy	Rest	3 miles easy	Rest	Rest	4 miles easy
WEEK 2	Rest	3 miles easy	Rest	3 miles fartlek	Rest	Rest	5 miles easy
WEEK 3	Rest	4 miles easy	Rest	4 miles fartlek	Rest	Rest	6 miles easy
WEEK 4	Rest	4 miles easy	Rest	5 miles fartlek	Rest	Rest	6 miles easy
WEEK 5	Rest	3 miles easy	Rest	3 miles fartlek	Rest	Rest	4 miles easy
WEEK 6	Rest	3 miles easy	Rest	3 miles fartlek	Rest	Rest	Run 10K event