

EASY 6-WEEK 10K TRAINING PLAN FOR BEGINNERS

LAM
RESEARCH



Heart
& Soles
RUN

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|--|-----|---|-----|-----|--|-----|
| WEEK 1 | Run 1 min Walk 1 min Repeat X 10 | | Run 2 mins Walk 4 mins Repeat X 5 | | | Run 2 mins Walk 4 mins Repeat X 5 | |
| WEEK 2 | Run 3 mins Walk 3 mins Repeat X 5 | | Run 4 mins Walk 3 mins Repeat X 5 | | | Run 6 mins Walk 3 mins Repeat X 4 | |
| WEEK 3 | Run 8 mins Walk 2 mins Repeat X 3 | | Run 9 mins Walk 2 mins Repeat X 3 | | | Run 10 mins Walk 2 mins Repeat X 3 | |
| WEEK 4 | Run 10 mins Walk 2 mins Repeat X 5 | | Run 15 mins Walk 2 mins Repeat X 2 Run 10 mins | | | Run 15 mins Walk 2 mins Repeat X 3 | |
| WEEK 5 | Run 15 mins Walk 1 min Repeat X 3 | | Run 15 mins Walk 2 mins Repeat X 3 Run 15 mins | | | Run 15 mins Walk 2 mins Repeat X 3 | |
| WEEK 6 | Run 20 mins Walk 1 min Repeat X 2 | | Run 15 mins Walk 2 mins Repeat X 3 | | | | |



= REST DAY



= CELEBRATE!