



# 10KM BEGINNER RUNNING PLAN

## Orange Running Festival

### WEEK 1

#### Day 1

1km walk  
2-4km run

#### Day 2

OFF or cross train (bike, swim, yoga)

#### Day 3

Easy run - 3km

#### Day 4

REST

#### Day 5

3x600m  
1km cool down

#### Day 6

5km  
1km cool down

#### Day 7

6KM

### WEEK 2

#### Day 1

2-4km run

#### Day 2

OFF or cross train (15min core exercises)

#### Day 3

Easy Run - 3km

#### Day 4

1km WU, 10min run, 1km CD

#### Day 5

Rest day

#### Day 6

5km (Parkrun!)

#### Day 7

7km

### WEEK 3

#### Day 1

2-4km run

#### Day 2

OFF or cross train (body weight workout)

#### Day 3

Easy run - 3km

#### Day 4

1km WU, 15min run, 1km CD

#### Day 5

OFF (or swim or easy spin).

#### Day 6

5km (Parkrun!)

#### Day 7

9KM

### WEEK 4

#### Day 1

Easy Run 4-5km

#### Day 2

OFF or cross train (15mins core exercises)

#### Day 3

Easy Run 5km

#### Day 4

Easy Run 5km

#### Day 5

Off or cross train (Yoga)

#### Day 6

5km (Parkrun!)

#### Day 7

6km





# 10KM BEGINNER RUNNING PLAN

Orange Running Festival

## WEEK 5

### Day 1

2-4km run

### Day 2

5 X 2mins ON + 2mins  
OFF (ON + 10km max  
effort OFF + jog)

### Day 3

Easy run - 3km

### Day 4

OFF or cross-train  
e.g. swimming

### Day 5

REST

### Day 6

OFF or cross-train  
e.g. swimming

### Day 7

7KM

## WEEK 6

### Day 1

2-4km run

### Day 2

1km WU  
4km at increased  
pace, 1km CD

### Day 3

Easy Run - 3km

### Day 4

OFF or cross-  
train e.g. Yoga

### Day 5

Rest day

### Day 6

5km (Parkrun!)

### Day 7

7km

## WEEK 7

### Day 1

5km run

### Day 2

Tempo  
2km WU, 4km  
run, 2km CD

### Day 3

Easy run - 3km

### Day 4

OFF or cross-  
train e.g. bike

### Day 5

REST

### Day 6

5km (Parkrun!)

### Day 7

6KM

## WEEK 8

### Day 1

2-4km run

### Day 2

OFF or cross  
train (15mins  
core exercises)

### Day 3

Easy Run 5km

### Day 4

REST

### Day 5

Easy run 3km

### Day 6

5km (Parkrun!)

### Day 7

9km





# 10KM BEGINNER RUNNING PLAN

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## WEEK 9

### Day 1

1km walk  
2-4km run

### Day 2

Intervals  
6x600m (1min  
rest between  
each) 400m CD

### Day 3

Easy Run - 3km

### Day 4

REST

### Day 5

OFF or cross-  
train

### Day 6

5km (Parkrun!)

### Day 7

9-10KM RUN

## WEEK 10

### Day 1

2-4km run

### Day 2

Tempo - 1km WU,  
4km run  
(increased pace),  
2km CD

### Day 3

Easy Run - 3km

### Day 4

OFF or cross-  
train e.g. Yoga

### Day 5

Easy Run - 4km

### Day 6

5km (Parkrun!)

### Day 7

8km

## WEEK 11

### Day 1

2-4km run

### Day 2

Tempo - 1km  
WU, 6km run  
(increased  
pace), 1km CD

### Day 3

Easy run - 3km

### Day 4

1km WU, 15min  
run, 1km CD

### Day 5

OFF (or swim or  
easy spin).

### Day 6

5km (Parkrun!)

### Day 7

6KM

## WEEK 12

### Day 1

REST

### Day 2

Intervals - 1km  
WU, 2 x 800m  
(90sec rest),  
2km CD

### Day 3

Easy Run 3km

### Day 4

Easy Run 4km

### Day 5

Off or cross  
train (Yoga)

### Day 6

Join in the ORF  
Shake-Out Run!

### Day 7

RACE DAY

