

10km Run Training Program – Beginner



Training plans are a suggested basic guide. 10km Run Plan (Team Relay 5 x 10km = 50km)

For participant specific and personalised program support, it is recommended you contact an accredited and suitably qualified fitness or endurance sports professional. It is also recommended participants complete a pre-exercise screening form before commencing any training program, an example can be found here: [Adult Pre Exercise Screening System - AUSactive](#) For pre-existing health conditions, consult your GP before commencing.

Top Ten Training Tips



Consistency is Key: Follow the training program and build time/distance slowly. Spread walking volume across the week



Warm up and cool down: Light stretching pre and post workout



If you feel any discomfort or pain: Consult a medical professional / sports clinician



Listen to your body and adjust pace where needed



Nutrition / hydration: On your long sessions train with a camel pack or drink bottle and snacks. Sip and nibble. Additional nutrition information:

[Food for Distance Running - Sports Dietitians Australia \(SDA\)](#) and [What are the Australian Dietary Guidelines? | Dietitians Australia](#)

TDC is not affiliated with these links/organisations

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Weekly Total
Week 1	40 mins Run/Walk	Exercise choice	40 mins Run/Walk	Rest	Exercise choice	40 mins Run/Walk	Rest / Exercise Choice	12km
Week 2	50 mins Run/Walk	Exercise choice	50 mins Run/Walk	Rest	Exercise choice	50 mins Run/Walk	Rest / Exercise Choice	15km
Week 3	60 mins Run/Walk	Exercise choice	60 mins Run/Walk	Rest	Exercise choice	60 mins Run/Walk	Rest / Exercise Choice	18km
Week 4	40-60 mins Run/Walk	Exercise choice	40-60 mins Run/Walk	Rest	Exercise choice	60 mins Run/Walk	Rest / Exercise Choice	14-18km
Week 5 Easier Week	30 mins Brisk Walk	Exercise choice	30 mins Brisk Walk	Rest	Exercise choice	30 mins Run/Walk	Rest / Exercise Choice	9km
Week 6	40-60 mins Run/Walk	Exercise choice	40-60 mins Run/Walk	Rest	Exercise choice	60 mins Run/Walk	Rest / Exercise Choice	14-18km
Week 7	40-60 mins Run/Walk	Exercise choice	40-60 mins Run/Walk	Rest	Exercise choice	70 mins Run/Walk	Rest / Exercise Choice	15-19km
Week 8	40-60 mins Run/Walk	Exercise choice	40-60 mins Run/Walk	Rest	Exercise choice	70-80 mins Run/Walk	Rest / Exercise Choice	15-20km
Week 9	40-60 mins Run/Walk	Exercise choice	40-60 mins Run/Walk	Rest	Exercise choice	50-60 mins Run/Walk	Rest / Exercise Choice	13-18km
Event Week	30 mins Run/Walk	10km Relay				<i>Adjust event week schedule to suit the day of your relay run</i>		



Shoes and Socks: Wear appropriate good quality sports shoes which are not too old or worn and with adequate cushioning. Invest in moisture-wicking, anatomically-designed run socks to avoid pressure points and blisters (no cotton socks)



Incorporate cross training: into your weekly training routine. Examples: Pilates, yoga, swimming, cycling, Personal Training. Sports which use different muscles that will improve your cardio fitness



Walk & talk for well-being: Training with a friend is more fun, safer, great for motivation and mental health



Recovery matters: Get a good night's sleep. Down time, healthy lifestyle diet choices, drinking plain water, compression garments, home foam roller, professional sports remedial massage



Be Sun Smart: Slip, Slop, Slap, Seek and Slide