

Running4Women Novice 10k Training Programme							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	5mins walk 5 mins jog 5 mins walk stretch before and after	Rest	15 mins BRISK walk. Stretching exercises	Rest	5mins walk 5 mins jog 5 mins walk stretch before and after	15 mins BRISK walk stretch before and after
2	20 mins BRISK walk stretch before and after		5mins walk 5 mins jog 5 mins walk stretch before and after		20 mins BRISK walk stretch before and after		Rest
3	Rest	5 mins walk 10 mins jog 5 mins walk - stretch before and after	Rest	5 mins walk 10 mins jog 5 mins walk - stretch before and after		5 mins walk 10 mins jog 5 mins walk - stretch before and after	
4	5 mins walk 10 mins jog 5 mins walk - stretch before and after		5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk - 5 mins jog 5 mins walk 5 mins jog stretch before and after		5 mins walk 15 mins jog 5 mins walk - stretch before and after
5	Rest	5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk 20 mins jog 5 mins walk - stretch before and after	
6	5 mins walk 5 mins jog 5 mins faster 5 mins jog 5 mins walk - stretch		5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk 15 mins jog 5 mins walk - stretch before and after		5 mins walk 5 mins jog 5 mins faster 5 mins jog 5 mins walk - stretch
7	Rest	5 mins walk 20 mins jog 5 mins walk - stretch before and after		5 mins walk 5 mins jog 5 mins faster 5 mins jog 5 mins walk - stretch		5 mins walk 20 mins jog 5 mins walk - stretch before and after	
8	5 mins jog 5 mins faster 5 mins jog 5 mins faster 5 mins jog - stretch		25 min jogging - stretch before and after		5 mins jog 5 mins faster 5 mins jog 5 mins faster 5 mins jog - stretch		30 minutes jogging stretch before and after
9	Rest	5 mins jog 3 mins faster 3 mins jog 2 mins faster 5 mins jog stretch before and after		25 min jogging 5 mins jog		30 min jogging stretch before and after	5 mins jog 5 mins faster 5 mins jog 5 mins faster 5 mins jog - stretch
10	Rest	35 min jogging Stretch before and after		3 mins jog, 2 mins faster - 2 mins jog, 1 min faster 3 mins jog, 2 mins faster 5 mins jog REPEAT		30 mins jogging	
11	35 min jogging - stretch		5 mins jog 5 mins faster 5 mins jog 5 mins faster 5 mins jog - stretch		35 min jog		3 mins jog, 2 mins faster - 2 mins jog, 1 min faster 3 mins jog, 2 mins faster 5 mins jog REPEAT
12	Rest	20 mins jogging -Stretch		20 mins jogging Stretching exercises	Rest	Rest	RACE