

Get ready to run for South Africa

Beginner 10km road run training programme

Now that you've mastered a 5km run, it's time to challenge yourself with a 10km road run. This beginner 10km training programme will help you increase your fitness level so that you can complete a 10km race - just in time for the Vitality Running World Cup.

Remember to always get medical advice before starting on any exercise programme.

Don't forget to start and end with a 5 - 10 minute brisk walk to warm up or cool down before and after every session. After cooling down, take time to do some stretching.

TRAINING GUIDELINES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	Start with a 20 min run, and 2 min walk, followed by a 15 min run and 2 min walk.	Strength training.	Cross training for 30 min.	3 x 10 min run and 2 min walk.	Rest.	Run for 6km.	Strength training and light cross training (optional).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 2	Start with a 25 min run and 2 min walk, followed by a 20 min run and 2 min walk.	Strength training.	Cross training for 30 min.	3 x 10 min run and 2 min walk.	Rest.	Run for 7km.	Strength training and light cross training (optional).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 3	Start with a 30 min run and 2 min walk, followed by a 20 min run and 2 min walk.	Strength training.	Cross training for 40 min.	Jog for 5km.	Rest.	Run for 7km.	Strength training and light cross training (optional).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 4	Start with a 30 min run and 2 min walk, followed by a 20 min run and 2 min walk.	Strength training.	Cross training for 40 min.	Jog for 5km.	Rest.	Run for 8km.	Strength training and light cross training (optional).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 5	Start with a 30 min run and 2 min walk, followed by a 20 min run and 2 min walk.	Strength training.	Cross training for 40 min.	Jog for 5km.	Rest.	Run for 9km.	Strength training and light cross training (optional).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 4	Jog for 6km.	Light strength training.	Rest.	Jog for 30 min.	Rest.	Jog for 15 min.	10km RACE

- Walk**
 Keep up a brisk pace in all walking sections of the programme.
- Jog**
 Run at a slow, very easy pace.
- Run**
 Don't worry about your speed. You need to feel comfortable enough to conduct a slightly breathless conversation.
- Strength training**
 Type of exercise that uses resistance training to induce muscular contraction which builds the strength of skeletal muscles. It's not essential for you to finish the 10km distance, but it has tremendous health and fitness benefits.
- Cross training**
 Choose to combine exercises of other disciplines to supplement your running and build strength and flexibility in your muscles. It's not essential, but it makes your programme more balanced.
- Rest**
 A rest day does not include any exercise. This is a vital part of your training, as it's when your muscles increase in strength.

Join the Vitality Running World Cup for free today.
Can we count you in?