

Training plans

These training plans will bring you on a progressive path to go from a 5km to a half marathon.

If you are a walker - you can use the plans as a guide substituting the runs for walks.

Beginner's 10km Plan

Week	Builder Day		Time on Feet		Building Base Fitness		Long Runs		Sun	Total	Milestones/ Mini Targets
	Mon	Tue	Wed	Thu	Fri	Sat					
1	1.5km. Run 1 min - Walk 2 min	Rest	2.5km Brisk Walk	1.5km. Run 1 min - Walk 1 min	Rest	4km Brisk Walk	Rest	Rest	9.5		
2	3km. Run 1 min - Walk 2 min	Rest	2.5km Brisk Walk	2.5km. Run 1.5min. Walk 1.5min	Rest	3km. Run 1km. Walk/run 2km	Rest	Rest	11	10km distance covered in week 2	
3	4km. Run 1.5 min - Walk 1 min	Rest	3km Brisk Walk	4km. Run 1.5min. Walk 1 min	Rest	3km. Run 1.5km. Walk/run 1.5km	Rest	Rest	14		
4	5km. Run 2 min - Walk 1 min	Rest	3km Brisk Walk	4km. Run 3min. Walk 1 min	Rest	4km. Run 2km. Walk/run 2km	Rest	Rest	16	Half the distance covered (5km)	
5	6km. Run 3 min - Walk 1 min	Rest	4km Brisk Walk	5km. Run 4min. Walk 1 min	Rest	4km. Run 3km. Walk/run 1km	Rest	Rest	19		
6	6km. Run 5min. Walk 1min	Rest	Run 2.5km	Rest	Rest	Run 5km - Park Run	Rest	Rest	13.5	Training changes to 3 day if Base Fitness done	
7	7km. Run 6min. Walk 1min	Rest	Run 3km	Rest	Rest	Run 6km	Rest	Rest	16		
8	7km. Run 7min. Walk 1min	Rest	Run 4km	Rest	Rest	Run 7km	Rest	Rest	18		
9	7km. Run 8min. Walk 1min	Rest	Run 5km	Rest	Rest	Run 8km	Rest	Rest	20	3/4 of the way through the plan	
10	7km. Run 9min. Walk 1min	Rest	Run 6km	Rest	Rest	Run 9km	Rest	Rest	22	Longest long run 9km & Longest weeks running	
11	7km. Run 10min. Walk 1min	Rest	Run 7km	Rest	Rest	Run 7km	Rest	Rest	21		
12	Run 5km	Rest	Run 3km	3km Brisk Walk	Rest	Rest	Rest	10km	21	Finished. Celebrate!	

Note: *Run \geq jogging pace

If you work weekends - you will need to alter the days to suit your timetable.

*Make sure you get your long runs/ walks completed as much as possible.

Target Race _____

Target finishing time _____

Race date & location _____

Notes on race _____

Have you entered ? Y/N _____

Suggested Race

Pettitt's SuperValu

Wexford

Half Marathon & 10km