

Beginners: 10km & ½ marathon Sample Training Programme

The following programme is an extension of our 5km programme so it is advisable to have completed that (or another physical activity programme of similar duration and content) before starting this one. To do a 10km it is useful to have tackled a 5km beforehand and likewise for a ½ marathon a 10km beforehand. You don't have to do these distances in organised races or Fun Runs, but you will find that setting a particular event as a goal is a great motivator and by choosing the correct event it can be a great experience, perhaps running in a mass participation event for the first time - with all the razzmatazz that goes along with those, or it may be that you want to run in a location that you have never visited before.

If you are reasonably fit from other activities (e.g. walking, swimming, cycling, etc) you may be able to start part way through the 5km programme or at the beginning of the 10km programme.

TERMINOLOGY

Jog: Gentle running pace (able to chat easily throughout).

Jog/Run: Periods of jogging followed by periods of running (vary the times and number of jogs and runs depending on total target time/distance, try to be running for at least 60% of the time).

Run: Faster pace than jogging but still able to chat (not continuously though!).

Rest: Either a day off exercise completely or other exercise such as swimming, aerobics or cycling.

THE JOGSCOTLAND BEGINNERS 10KM & ½ MARATHON PROGRAMME

Weeks until run	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	REST	2 mile jog/run	REST	2 mile jog/run	REST	60 minute walk	3 mile run
11	REST	2 mile jog/run	REST	2 mile jog/run	REST	60 minute walk	4 mile run
10	REST	3 mile jog/run	REST	2 mile jog/run	REST	60 minute walk	4.5 mile run
9	REST	3 mile jog/run	REST	2.5 mile jog/run	REST	70 minute walk	4.5 mile run
8	REST	3.5 mile jog/run	REST	2.5 mile jog/run	REST	70 minute walk	5 mile run
7	REST	3.5 mile jog/run	REST	3 mile jog/run	REST	70 minute walk	10km Run
6	REST	4 mile jog/run	REST	3 mile jog/run	REST	80 minute walk	7 mile run
5	REST	4 mile jog/run	REST	3.5 mile jog/run	REST	80 minute walk	8.5 mile run
4	REST	4.5 mile jog/run	REST	3.5 mile jog/run	REST	80 minute walk	10 mile run
3	REST	5 mile jog/run	REST	4 mile jog/run	REST	90 minute walk	11.5 mile run
2	REST	5 mile jog/run	REST	4 mile jog/run	REST	90 minute walk	9 mile jog/run
1	REST	5 mile jog/run	REST	3 mile jog/run	REST	REST	½ Marathon Run

The programme is suggested advice and should be adapted to suit your work and home life and the days of the week that it is most convenient for you to exercise. Do not worry too much about exact distances, just try to cover the approximate time for each distance stated at your normal running pace.

As with all exercise programmes you should always do some gentle movement warm-up exercises beforehand and some stretching exercises to warm-down afterwards. As with any physical activity programme please consult your GP before commencing if you have any health concerns.