



RUNMUMS

RUNMUMS Beginners to 10k Programme

This is a running plan designed to get complete beginners running 10k in eight weeks. At this stage you are probably already doing a minimum of 10-15 miles a week and comfortably completed our RUNMUMS Beginners to 5k Programme.

Just a few things to bear in mind:

- Follow our RUNMUMS 10K plan and make a commitment to run three times a week. It does not matter which days are your run days but allow at least one rest day between each run when you first begin.
- Each of the three runs is designed:
 - One easy run designed to run at a conversational pace. So, if in doubt slow down.
 - One slightly harder session to try and get the heart rate up by including some hills and/or speed work. Try and maintain good form and pace. It will feel harder, but it will make you stronger.
 - One longer run on or off-road. These are designed as slow, steady, gradual increases in your weekly mileage.
- Always start with a 5-minute warm-up jog or walk with some dynamic stretches.
- Always finish with a 5-10 stretching programme.
- There is nothing to suggest you need to run continuously either. If you feel tired, then walk until recovered but try and walk purposefully if you can.
- Rest and recovery days are just as important as run days; without them you will not improve. It allows your muscles to recover and build up strength.
- An option for those in-between rest days is to stretch, do some core strength training, or cross train such as biking, swimming, walking, Pilates, depending on how your body feels, but do not do too much that you burn yourself out.
- Do not be afraid to repeat a week or drop back a week. Everyone is different.
- You can start at any stage depending on your current level of fitness.
- The programme is only a guide so please feel free to make any minor changes or swap the days around, but just make sure you have that rest day in between those runs.

Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.
Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Strength and Stretch	2.5-mile easy run	Rest day or swim walk or cross train.	3-mile steady run with a couple of hills.	Swim, walk or cross train.	Rest	3-mile easy/ steady run
2	Strength and Stretch	3-mile steady run	Rest day or swim walk or cross train.	3-mile steady run with a couple of hills.	Swim, walk or cross train.	Rest	3.5-mile steady run
3	Strength and Stretch	3.5-mile steady run	Rest day or swim walk or cross train.	3-mile run with a couple of hills.	Swim, walk or cross train.	Rest	4-mile steady run
4	Strength and Stretch	4-mile steady run	Rest day or swim walk or cross train.	3-mile run with a couple of hills	Swim, walk or cross train.	Rest	4-mile steady run
5	Strength and Stretch	4-mile steady run	Rest day or swim walk or cross train.	3-mile run with a couple of hills	Swim, walk or cross train.	Rest	4.5-mile steady run
6	Strength and Stretch	4.5-mile steady run	Rest day or swim walk or cross train.	3-mile run with a couple of hills.	Swim, walk or cross train.	Rest	5-mile steady run
7	Strength and Stretch	4-mile steady run	Rest day or swim walk or cross train.	3-mile run with a couple of hills.	Swim, walk or cross train.	Rest	5.5-mile steady run
8	Strength and Stretch	3-mile steady run, 4 x 100m faster runs (walk in between)	Rest day or swim walk or cross train.	3-mile easy run, 4 x 100m faster runs	Swim, walk or cross train.	Rest	10K

Congratulations on reaching your 10k GOAL!