

Carl Luke Development Trust 10k Race, Sunday 1 June 2008
14-week Training Programme – Beginners

Week 1-2: Jog and walk – take it nice and easy

Week 1	Target (jog then walk, in seconds)	Actual
Day 1	5 mins (10 - 10)	
Day 2	6 mins (20 - 20)	
Day 3	6 mins (30 - 30)	
Day 4	7 mins (30 - 30)	
Day 5	7 mins (30 - 30)	
Day 6	rest	
Day 7	8 mins (30 - 30)	

Week 2	Target (jog then walk, in seconds)	Actual
Day 1	8 mins (40 - 20)	
Day 2	8 mins (40 - 20)	
Day 3	Rest	
Day 4	8 mins (50 - 10)	
Day 5	8 mins (50 - 10)	
Day 6	Rest	
Day 7	10 mins (60 - 10)	

Week 3-4: Try to jog all the way. Stop at the half way point if need be.

Week 3	Target	Actual
Day 1	6 mins	
Day 2	6 mins	
Day 3	Rest	
Day 4	8 mins	
Day 5	6 mins	
Day 6	Rest	
Day 7	8 mins	

Week 4	Target	Actual
Day 1	10 mins	
Day 2	Rest	
Day 3	8 mins	
Day 4	10 mins	
Day 5	10 mins	
Day 6	Rest	
Day 7	12 mins	

Week 5-6: Jog all the way – take it nice and easy

Week 5	Target	Actual
Day 1	15 mins	
Day 2	8 mins	
Day 3	Rest	
Day 4	12 mins	
Day 5	10 mins	
Day 6	Rest	
Day 7	15 mins	

Week 6	Target	Actual
Day 1	20 mins	
Day 2	Rest	
Day 3	15 mins	
Day 4	10 mins	
Day 5	10 mins	
Day 6	Rest	
Day 7	15 mins	

Week 7-10: Try and jog all the way

Week 7	Target	Actual
Day 1	25 mins	
Day 2	Rest	
Day 3	20 mins	
Day 4	15 mins	
Day 5	10 mins	
Day 6	Rest	
Day 7	20 mins	

Week 8	Target	Actual
Day 1	30 mins	
Day 2	20 mins	
Day 3	Rest	
Day 4	20 mins	
Day 5	10 mins	
Day 6	Rest	
Day 7	20 mins	

Week 9	Target	Actual
Day 1	30 mins	
Day 2	Rest	
Day 3	20 mins	
Day 4	25 mins	
Day 5	20 mins	
Day 6	Rest	
Day 7	20 mins	

Week 10	Target	Actual
Day 1	35 mins	
Day 2	20 mins	
Day 3	Rest	
Day 4	20 mins	
Day 5	10 mins	
Day 6	Rest	
Day 7	25 mins	

Week 11-14: Jog all the way

Week 11	Target	Actual
Day 1	35 mins	
Day 2	Rest	
Day 3	20 mins	
Day 4	25 mins	
Day 5	20 mins	
Day 6	Rest	
Day 7	20 mins	

Week 12	Target	Actual
Day 1	40 mins	
Day 2	20 mins	
Day 3	Rest	
Day 4	20 mins	
Day 5	10 mins	
Day 6	Rest	
Day 7	25 mins	

Week 13	Target	Actual
Day 1	45 mins	
Day 2	Rest	
Day 3	30 mins	
Day 4	15 mins	
Day 5	30 mins	
Day 6	Rest	
Day 7	20 mins	

Week 14	Target	Actual
Day 1	30 mins	
Day 2	20 mins	
Day 3	Rest	
Day 4	25 mins	
Day 5	10 mins	
Day 6	Rest	
Day 7	Rest	